

South Dakota

Department of Human Services |

Division of Long-Term Services and Supports

DRAFT Needs Assessment Key Findings

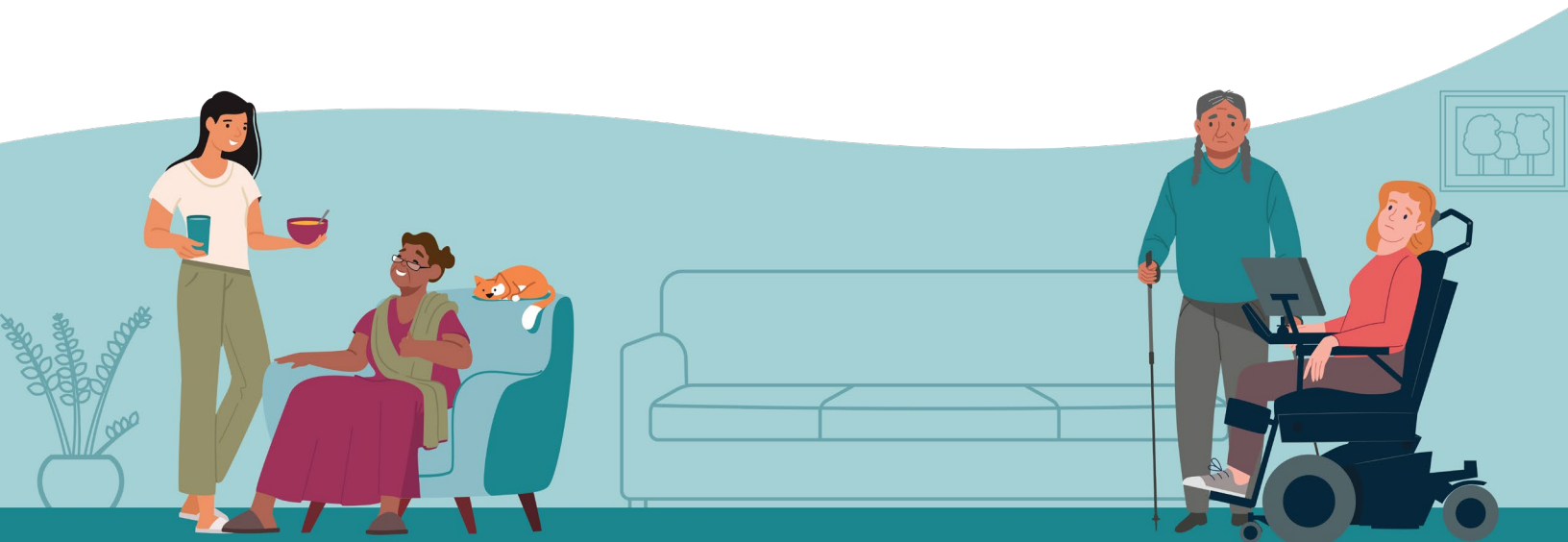


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1. EXECUTIVE SUMMARY

From August to November 2024, the South Dakota Division of Long-Term Services and Supports (SD LTSS) conducted a comprehensive needs assessment to better understand the needs of older adults and caregivers in South Dakota, and to identify their priorities and activities for the next four years.

SD LTSS’s needs assessment included extensive stakeholder engagement activities to gather input from various groups, including state staff, Tribal representatives, advocacy organizations, and the public. Stakeholder engagement activities included interviews, five public listening sessions, and an online survey to ensure a comprehensive understanding of the needs and perspectives of different stakeholders.

The needs assessment activities highlighted strengths of existing services and programs for older adults as well as significant challenges and areas for improvement. SD LTSS used this information to inform its 2025 to 2029 State Plan on Aging.

Figure 1. Needs Assessment Summary Results

#	Themes	Needs	Rationale
1	Adult Day Programs	Increase availability and accessibility to adult day programs.	There are limited adult day programs, which are crucial for providing social and recreational opportunities for older adults and respite for caregivers.
2	Caregiver Support	Expand financial assistance and respite care options for caregivers.	Caregivers face financial strain and burnout, especially those who need to work while providing care. More support is needed to help them manage their responsibilities, including more in-person trainings, particularly on dementia care, and respite care options.
3	Health Promotion and Disease Prevention	Provide more fitness programs and health education initiatives tailored to older adults.	Promoting physical and mental health is essential for aging well. There is a need for more community-based health and wellness programs to encourage participation and improve overall well-being. It is also necessary to review existing evidence-based programs to determine their effectiveness.
4	Nutrition	Review nutrition requirements to ensure that meals are prioritized for individuals in greatest economic and social needs.	There is inconsistent access to nutritious, quality food across the State, particularly for Tribal elders and for those with diabetes requiring a special diet.
5	Public Awareness and Communication	Improve communication strategies to inform older adults and caregivers about available services.	Many older adults and their caregivers are not well-informed about the services and support available to them. Effective communication through various channels is essential.
6	Transportation	Provide more accessible and reliable transportation options, especially in rural areas.	Transportation is a significant issue, limiting older adults’ ability to access services, attend medical appointments, and participate in community activities.

#	Themes	Needs	Rationale
7	Tribal Communities	Build trust and develop relationships with the 9 tribes	Tribal elders indicated that they are struggling to access healthy foods and transportation services.

2. PURPOSE AND OVERVIEW

2.1 BACKGROUND

This needs assessment includes insights into the health and wellbeing of South Dakota’s older residents, their caregivers, family members and providers, highlighting opportunities to enhance OAA services. As the State Unit on Aging, SD LTSS emphasizes the importance of direct and meaningful engagement with older adults, caregivers, and providers across the state. By involving a diverse audience, SD LTSS effectively evaluated current programs and identified ways to better serve the older adult population in South Dakota.

The goals of this needs assessment were to:

- ✓ Gain insight into older adults’ experiences and perspectives with current services and supports;
- ✓ Identify specific strengths and opportunities to improve the health and wellbeing of older adults; and
- ✓ Identify gaps in the provision or access to services and supports and explore ways to address these challenges.

SD LTSS used the findings from this assessment to help the State establish statewide priorities to effectively meet the needs of older adults as it developed its 2025-2029 State Plan on Aging.

2.2 METHODS

SD LTSS used a mixed-methods approach to conduct its needs assessment, incorporating both qualitative and quantitative stakeholder engagement and market data analysis. SD LTSS also partnered with its aging network to engage these populations and ensure their voices were heard. Engaging these critical stakeholders from the onset enabled South Dakota to develop a data-driven and participant-focused State Plan on Aging. This approach enhanced participation opportunities for older adults and hard-to-reach populations in South Dakota, such as those living in rural communities, minority groups, and individuals not already engaged in services. The needs assessment approach included the followed components:

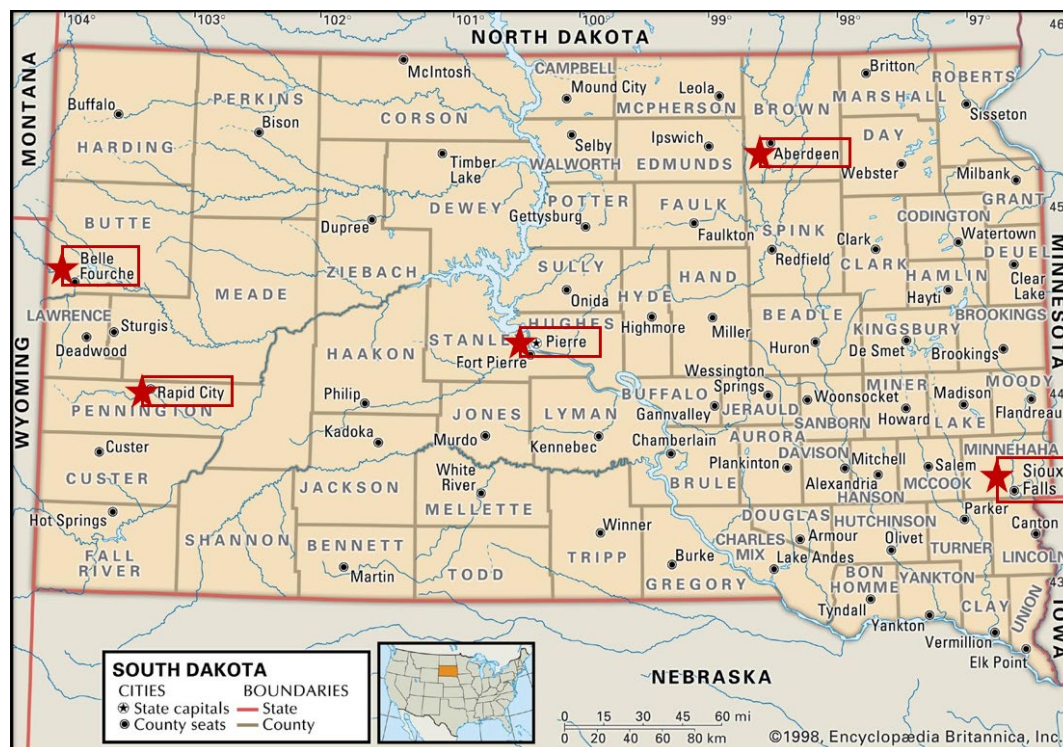
1. **Key Informant Interviews:** Between August and November 2024, SD LTSS completed 15 virtual key informant interviews of State staff and partner organizations to learn about program strengths, areas of opportunity, and priorities for the future. State staff included South Dakota’s LTSS leadership, administrator of ACL programs, operators, and services specialists including representatives from Adult Day, Transportation, Adult Protective Services, Long-Term Care Ombudsman, Care Management, Dakota at Home, Advisory Council on Aging, and Department of Tribal Relations. SD LTSS interviewed

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members of partner agencies including AARP, the Alzheimer's Association, and tribal representatives.

2. **Public Listening Sessions:** SD LTSS hosted five in-person public listening sessions with 50+ participants total to gather on-the-ground insights and realities of older adults, family caregivers, providers, and interested community members on the State Plan on Aging. These public listening sessions were hosted between September 9th to 13th, 2024 in five locations across the State to encourage geographic representation. The five public listening session sites were:

Figure 2. Public Listening Session Locations



Source: MAPS OF US (<https://www.mapofus.org/southdakota/>)

LTSS also conducted one-on-one phone interviews as a follow up with a few individuals. These included individuals who were not able to attend the listening sessions, as well as individuals who attended the listening sessions, but wanted an opportunity to share more detailed feedback.

3. **Survey:** SD LTSS distributed an online survey soliciting 77 responses from OAA program participants, caregivers, family members, service providers, and others to identify community needs and program strengths, aiding in planning efforts for South Dakota's LTSS program. Specific topics included aging services in South Dakota, expanding access to HCBS, caregiving, safety and basic needs, and the greatest social and economic needs.
4. **Market Data Analytics:** SD LTSS analyzed census data and other market research to identify demographic patterns and trends, including the number of low-income minority older individuals and those residing in rural areas.

3. SUMMARY RESULTS

This section highlights the key needs for improving OAA services from the perspective of State staff, older adults, service providers, caregivers, family members, and key community partners. The findings are derived from market data research, key informant interviews, public listening sessions, and survey results from State staff, partner agencies, OAA program participants, caregivers, and service providers.

Figure 3. Detailed Findings

Topic	Needs
Adult Day Programs	<p>Increase availability and funding for adult day programs.</p> <ul style="list-style-type: none"> • Expansion: There is a need to increase the availability of adult day programs across the state, particularly in underserved areas outside of Sioux Falls and Rapid City. This includes establishing new programs and expanding existing ones. • Differing Care Levels: Adult day programs should cater to different levels of care needs, including those with dementia and other chronic conditions. This ensures that all older adults receive appropriate support. • Funding: Securing funding to support the expansion and sustainability of adult day services is essential. This includes funding for staffing, facilities, and program development. • Promotion: Enhanced promotion of adult day programs is necessary to increase awareness and participation. This includes outreach to caregivers, healthcare providers, and community organizations.
Caregiver Support	<p>Provide expanded financial assistance and respite care options for caregivers.</p> <ul style="list-style-type: none"> • Financial Assistance: Caregivers often face financial strain, especially those who need to work while providing care. There is a need for more financial support, such as caregiver tax credits or stipends, to help alleviate this burden. • Respite Care: Caregivers need regular breaks to prevent burnout and manage their responsibilities effectively. Expanding respite care options, including in-home respite and adult day programs, is crucial. • Education and Training: Caregivers require more educational resources and training programs to handle specific conditions like dementia. This includes in-person training on managing challenging behaviors and providing appropriate care. • Streamlined Processes: Ensure the screening and approval processes for caregiver services is efficient so that caregivers receive the support they need promptly.
Health Promotion and Disease Prevention	<p>Provide more fitness programs and health education initiatives tailored to older adults.</p> <ul style="list-style-type: none"> • Fitness Programs: Develop more fitness programs specifically designed for older adults to help promote physical health and to prevent chronic conditions. • Health Education: Increase health education initiatives to promote physical and mental well-being. This includes education on nutrition, exercise, disease prevention, and managing chronic conditions. • Outreach: Enhance outreach efforts to encourage participation in health promotion programs. This includes partnering with healthcare providers, community centers, and local organizations to reach older adults.

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Topic	Needs
Nutrition	<p>Expand access to nutritional, quality food across the State.</p> <ul style="list-style-type: none"> • State Rankings: Based on the United Health Foundation’s “America’s Health Rankings® 2024 Senior Report, South Dakota’s ranking is low among the 50 states in the following categories: obesity (32nd), exercise (35th), and fruit and vegetable consumption (33rd). • Access: Inconsistent access to nutritious, quality food across the State, particularly for Tribal elders and for those with diabetes requiring a special diet. • Eligibility requirements for the at-home meals program: Requirements should be reviewed to ensure that meals are prioritized for individuals in greatest economic and social needs. • Accountability: Need to ensure providers are serving individuals in greatest economic and social needs.
Public Awareness and Communication	<p>Focus on communication strategies to inform older adults and caregivers about available services.</p> <ul style="list-style-type: none"> • Comprehensive Strategy: A comprehensive communication strategy is needed to reach diverse populations, including older adults, caregivers, and community members. • Multiple Channels: Use of various communication channels, such as mail, local newspapers, community events, and digital platforms, can help ensure that information reaches a wider audience. This would also help promote existing programming and trainings such as falls prevention education for older adults and adults with disabilities to rural and underserved communities in South Dakota. Based on the United Health Foundation’s “America’s Health Rankings® 2024 Senior Report, South Dakota is ranked 48th out of 50 states in falls. • Targeted Campaigns: Public awareness campaigns should be targeted to inform specific groups, such as faith-based communities, about the services and support available to them. This includes using culturally appropriate messaging and materials. • Collaboration: Collaborating with local organizations, healthcare providers, and community groups can help disseminate information more effectively and reach those who may not be aware of available services.
Transportation	<p>Provide more accessible and reliable transportation options, especially in rural areas.</p> <ul style="list-style-type: none"> • Accessibility: Many older adults, particularly those in rural areas, struggle to access transportation services. This limits their ability to attend medical appointments, participate in community activities, and access essential services. • Reliability: Existing transportation options are often unreliable or unavailable, making it difficult for older adults to plan their activities and appointments. • Expansion: Expand transportation programs to cover more areas, including Tribal communities, and to ensure that transportation services are available consistently.
Tribal Communities	<p>Develop trust and build relationships with Tribal communities.</p> <ul style="list-style-type: none"> • Need: There is an increasing need for Tribal elders to access home delivered meals and congregate meals offered through the OAA. • Partnerships: It is crucial to build relationships with Tribal communities to ensure that Tribal elders are aware of and can access services and supports.

4. DETAILED RESULTS

4.1 STAFF AND PARTNER ORGANIZATION INTERVIEWS

This section identifies key focus areas and themes from the interviews, including strengths and opportunities for improving programs and services for older adults and caregivers, from the perspective of State staff and partner organizations. The State staff and partner organization interviews highlighted the following strengths and opportunities for improvement.

Figure 4. Detailed Findings by Theme

Theme	Needs	Opportunities
Caregiver Support	<ol style="list-style-type: none"> 1. There are limited educational opportunities and in-person trainings for caregivers. 2. Financial constraints limit funding to caregivers. 	<ol style="list-style-type: none"> 1. Provide more education and training for caregivers, including trainings on dementia care. 2. Review existing caregiver offerings and research caregiver programs in other states.
Transportation	<ol style="list-style-type: none"> 1. Transportation is a significant issue due to the rural nature of the State. 2. There are limited accessible and reliable transportation options for older adults. 	<ol style="list-style-type: none"> 1. Expand transportation programs to more areas, including Tribal communities. 2. Partner with local organizations to provide transportation services.
Tribal Communities	<ol style="list-style-type: none"> 1. Tribal elders are struggling to access quality food and transportation services. 	<ol style="list-style-type: none"> 1. Build trust and develop relationships with Tribal communities
Adult Day Programs	<ol style="list-style-type: none"> 1. There are limited number of adult day programs. 2. Existing programs in Sioux Falls and Rapid City are beneficial. 3. There is a need for programs that serve different levels of care. 	<ol style="list-style-type: none"> 1. Continue to increase the availability of adult day programs. 2. Develop programs that cater to various levels of care needs.
Public Awareness and Communication	<ol style="list-style-type: none"> 1. Many older adults and caregivers are not well-informed about available services. 2. Public awareness campaigns and outreach efforts are in place but need improvement. 	<ol style="list-style-type: none"> 1. Use various channels to improve communication, including mail, local newspapers, social media, and community events. 2. Collaborate with local organizations to disseminate information. 3. Use the State Plan on Aging as a vehicle to communicate LTSS' goals and priorities.

4.2 PUBLIC LISTENING SESSIONS

This section identifies key focus areas and themes from the listening sessions, including strengths and opportunities for improving South Dakota’s LTSS program, from the perspective of public listening session participants. Listening session participants highlighted the following strengths and opportunities for improvement.

Figure 5. Detailed Findings by Theme

Theme	Needs	Opportunities
Caregiver Support	<ol style="list-style-type: none"> 1. There are limited educational opportunities and in-person trainings for caregivers. 2. Financial constraints limit funding to caregivers. 	<ol style="list-style-type: none"> 1. Offer more resources to support caregivers, including support groups. 2. Continue to provide services to caregivers and older adults through Dakota at Home and SHIINE.
Transportation	<ol style="list-style-type: none"> 1. Transportation is a significant issue due to the rural nature of the State. 2. Limited transportation options for older adults make travel to medical appointments in Minneapolis and Sioux Falls challenging. 	<ol style="list-style-type: none"> 1. Expand transportation programs to more areas. 2. Research innovative transportation programs in other rural states.
Health Promotion and Disease Prevention	<ol style="list-style-type: none"> 1. Increased focus on health promotion and disease prevention programs for older adults. 	<ol style="list-style-type: none"> 1. Invest in more prevention efforts and physical fitness programs. 2. Review existing health promotion programs to determine the effectiveness of these programs. 3. Revitalize the “senior centers” to make them more appealing to older adults. 4. Focus on activities that reduce social isolation.
Adult Day Programs	<ol style="list-style-type: none"> 1. There are a limited number of adult day programs. 2. Existing programs in Sioux Falls and Rapid City are beneficial. 3. There is a need for personal care services and more direct services workers to help individuals remain in the home. 	<ol style="list-style-type: none"> 1. Continue to expand the number of adult day programs, particularly in areas outside of Sioux Falls and Rapid City. 2. Develop programs that cater to various levels of care needs.
Public Awareness and Communication	<ol style="list-style-type: none"> 1. Although providers are generally aware of OAA services, many older adults and caregivers are not well-informed about available services. 	<ol style="list-style-type: none"> 1. Use low-tech methods, such as newsletters and direct mail, to provide information about OAA services to older adults. 2. Conduct more town halls, informative meetings, and outreach in senior centers to reach older adults. 3. Leverage partnerships with local health departments, case managers, and senior centers to promote and share information about OAA services.

4.3 SURVEY RESULTS SUMMARY

SD LTSS received 77 survey responses from OAA program participants, caregivers, family members, service providers, and others to identify community needs and program strengths. Survey questions varied depending on the respondent type (older adult, caregiver, and advocates/service providers). To effectively analyze the survey results, SD LTSS analyzed the

results by respondent type. Some responses may exceed 100% when the response type "Select all that Apply" was provided.

Figure 6. Survey Respondents

#	Type	# of Respondents	% of Total
1	Older Adults*	29	38%
2	Advocates or Service Providers	30	39%
3	Family Caregiver, Family Member, Non-Family Caregiver, Other	18	23%
	Total	77	

* 9 older adults also served as caregivers.

1) Older Adults

Summary Demographics: Among the 29 older adult respondents, 10% were aged 55 to 64, 48% were 65 to 74, 31% were 75 to 84, and 10% were 85 to 94. All spoke English as their primary language, and 90% identified as white, non-Hispanic. Most respondents were retired (72%), while some were employed full-time (24%) or part-time (3%). In terms of living arrangements, 76% owned their homes, 10% rented, 10% lived in assisted living facilities, and 3% had other arrangements. Of those in home-like settings, 52% lived with a spouse or partner, and 32% lived alone.

Key Takeaways:

- **Reliable Transportation:** Respondents highlighted the lack of public transportation and financial constraints as significant barriers to accessing services and activities.
- **Health Insurance Information and Assistance:** There is a strong need for support with understanding and managing health insurance.
- **Awareness of Available Services:** Many respondents were not aware of the services available to them, indicating a need for better information dissemination.
- **Caregiver Services:** Respondents expressed a need for more caregiver support, including respite services and support groups.
- **Support for Remote and Rural Areas:** Limited availability of services, especially caregiver support groups, in remote or rural areas was a concern.
- **Home-Delivered Meals:** Some older adults require home-delivered meals but are not currently receiving them.
- **Nutrition and Healthy Eating:** There is a need for expanded access to healthy foods and nutrition education.

2) Advocates or Service Providers

Summary Demographics: Of the 30 advocates or service providers who responded, 33% were advocates, 23% were in-home service providers, 20% were medical service providers, and 20% were from community-based organizations.

Key Takeaways:

- **Greatest Social and Economic Needs:** Over 50% of survey respondents identified the following factors as “Very important”:
 - ✓ Income level at or below the poverty line.
 - ✓ Living with Alzheimer’s disease or related dementia.
 - ✓ Physical and mental disabilities.
 - ✓ Lives alone.
 - ✓ Lives in a rural area.
 - ✓ Individuals who are age 80 years and older.
- **Improve Communication:** Respondents highlighted the following opportunities to enhance the State’s communication:
 - ✓ Be proactive in communicating available services.
 - ✓ Send/mail out flyers, increase ads on TV, hold health fairs, and inform clinics/doctors about services.
 - ✓ Develop and distribute a comprehensive resource guide that includes detailed information on services, process to get services, and requirements.
 - ✓ Use multiple sources of communication, including online platforms, newspapers, radio, newsletters, and TV ads.
- **Enhance Existing Services:** Respondents highlighted the following opportunities to enhance the State’s existing OAA services:
 - ✓ Increase the availability of adult day services and transportation options.
 - ✓ Promote transportation, adult day services, and caregiver assistance programs and relevant trainings across the state and provide free access to live programs.
 - ✓ Ensure efficiency and timeliness in the approval process for services.
 - ✓ Increase the awareness of and access to caregiver support programs, including respite care, and provide long-term planning, financial, and legal support.

3) Family Caregiver, Family Member, Non-Family Caregiver, Other

Summary Demographics: Among the 18 respondents, 17% were aged 55 to 64, 56% were 65 to 74, 11% were 75 to 84, and 17% were 85 to 94. All spoke English as their primary language, and 89% identified as white, non-Hispanic. Half of the respondents worked full time (50%),

while the remainder were retired (44%) or worked part-time (6%). In terms of living arrangements for the person(s) they cared for, 72% owned their homes, 17% lived in assisted living facilities, and 6% rented. Of those in home-like settings, 64% lived with a spouse or partner, and 28% lived alone.

Key Takeaways:

- **Expand Access to Services:** Over 70% of survey respondents identified the following services as “very important” and “important”:
 - ✓ Access to adult day,
 - ✓ Respite care services,
 - ✓ Support and help with Alzheimer's disease and related dementias,
 - ✓ Having someone to talk to when I am lonely,
 - ✓ Health insurance or prescription drug coverage,
 - ✓ Transportation,
 - ✓ Awareness of services available and how to access.
- **Services/Programs Needed:** The top services/programs needed but are not provided or available to the person the respondent cares for include: assisted living, adult day services, senior health insurance information and assistance (SHIINE), caregiver services, health promotion and disease prevention (health and wellness programs), senior centers, and transportation.
- **Caregiver Support:** Caregivers need more support for mental health, balancing work and caregiving, and engagement activities for care recipients. Education on care requirements, self-care support, and financial assistance are also important.

4.4 AGING PROFILE IN SOUTH DAKOTA

The section provides key findings about older adults in South Dakota. In 2023, South Dakota had over 899,000 residents, with 24% aged 60 and older. The population of older adults is projected to grow by 12% by 2029. This summary underscores the need for targeted support and resources for South Dakota's older adult population.

Summary Demographics: Below is a general profile of South Dakotans 60 years and over.

1. 52% are female and 48% are male,
2. 93% are white,
3. 54% live in a family household while 46% live in a nonfamily household,
4. 96% speak English,
5. 27% have a disability,
6. 9% are below 100% of the poverty level.

In comparison to the total population in South Dakota, older adults are more likely to live alone, have a disability, and live above the poverty line.

Figure 7. Profile of Older Adults (2023)

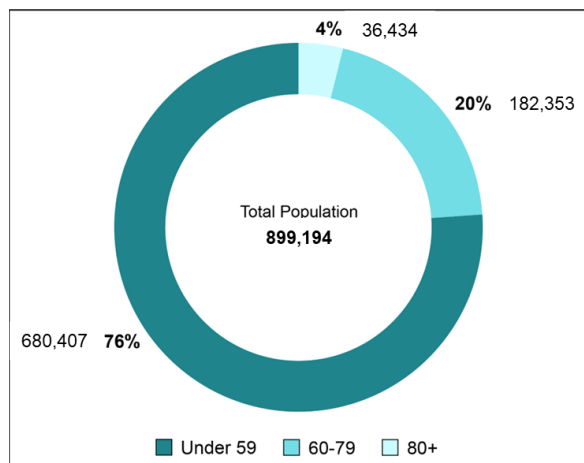
Category	South Dakota		United States	
	Total	60 years and over	Total	60 years and over
Total population	899,194	218,787	332,387,540	77,299,829
SEX				
Male	51%	48%	50%	46%
Female	49%	52%	51%	54%
RACE				
White	82%	93%	63%	76%
Black or African American	2%	0%	12%	10%
American Indian and Alaska Native	8%	4%	1%	1%
Asian	1%	1%	6%	5%
Native Hawaiian and Other Pacific Islander	0%	0%	0%	0%
Some other race	1%	1%	7%	4%
Two or more races	6%	2%	11%	6%
HOUSEHOLD TYPE				
Households	358,552	134,178	127,482,865	46,822,322
Family households	62%	54%	65%	56%
Nonfamily households	39%	46%	36%	44%
Householder living alone	32%	43%	29%	40%
DISABILITY STATUS				
Civilian noninstitutionalized population	879,723	210,670	327,425,278	75,713,418
With any disability	12%	27%	13%	29%
No disability	88%	73%	87%	71%
LANGUAGE				
English only	93%	96%	78%	84%
Language other than English	7%	4%	22%	16%
POVERTY STATUS IN THE PAST 12				
Population for whom poverty status is determined	869,964	210,669	324,567,147	75,714,377
Below 100% of the poverty level	12%	9%	12%	11%
100 to 149% of the poverty level	8%	8%	8%	8%
At or above 150% of the poverty level	80%	83%	80%	82%

Source: U.S. Census Bureau. “Population 60 Years and Over in the United States.” American Community Survey, ACS 5-Year Estimates Subject Tables, Tables S0102, 2023

Total Population by Age

Of the 899,000 residents in South Dakota in 2023, approximately 680,407 (76%) were 59 and under; 182,353 (20%) were between the ages 60-79; and 36,434 (4%) were 80 years and older.

Figure 8. Total Population by Age in South Dakota (2023)

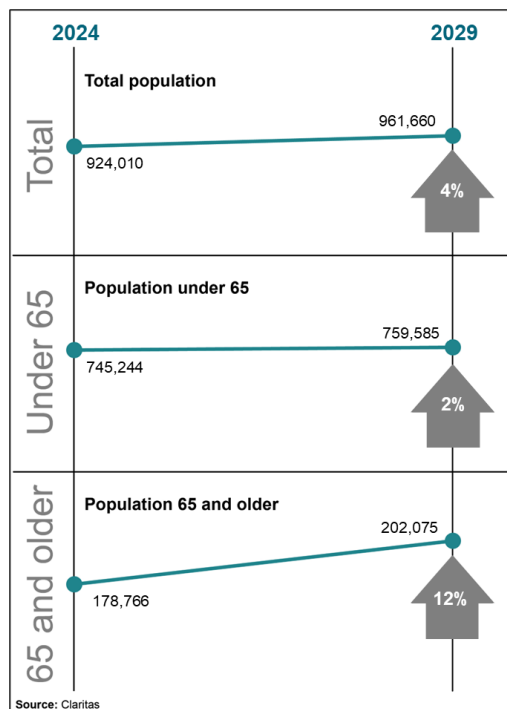


Source: U.S. Census Bureau. "Age and Sex." American Community Survey, ACS 5-Year Estimates Subject Tables, Table S0101, 2023

Population Size and Growth

Between 2024 and 2029, South Dakota’s total population is projected to grow by 4%, from 924,040 to 961,660. In that same time period, South Dakota’s population, ages 65 and older, is expected to increase by 12%, from 178,766 to 202,075. By 2029, South Dakotans, ages 65 and older, will make up 21% of South Dakota’s total population.

Figure 9. Population Projections by Age in South Dakota (2024-2029)

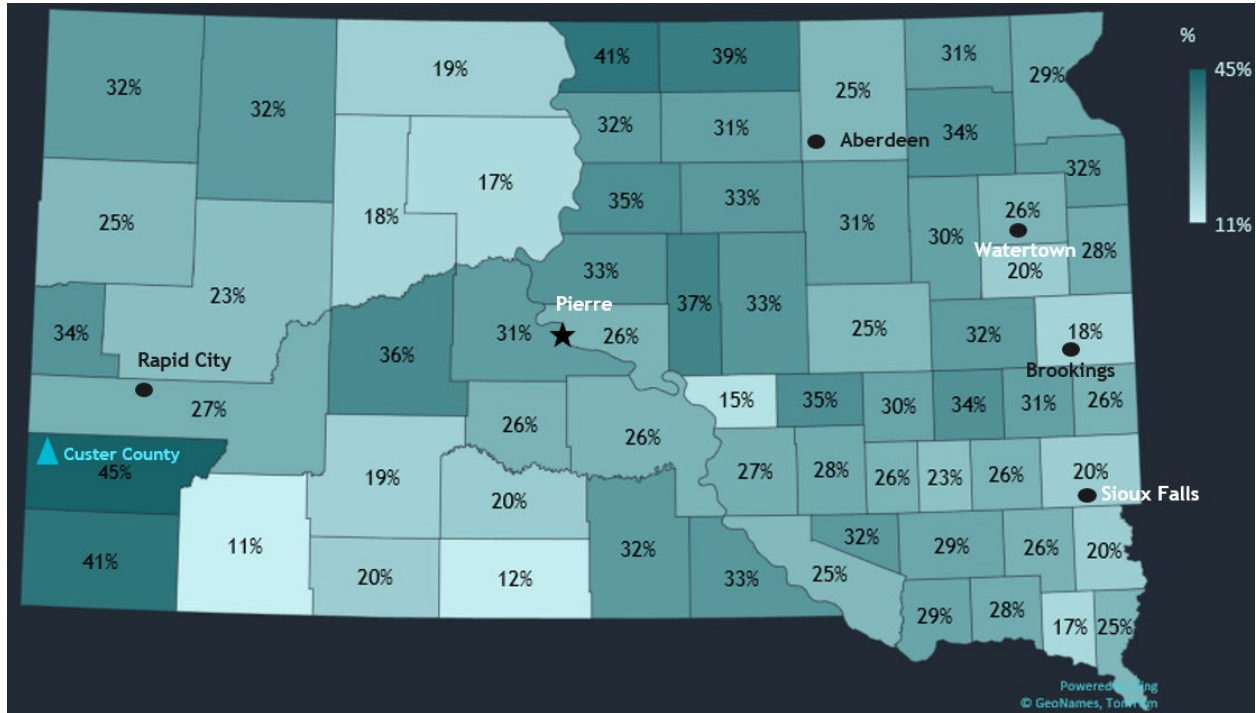


Source: Claritas. Population Health Projections, 2024-2029. Retrieved from <http://claritas.com>

County Demographics

In 2023, older adults in 57 counties accounted for 20% or more of the total population in each county. Custer County has the highest percentage (45%) of older adults making up its total population.

Figure 10. Adults Ages 60 Years and Older as a Percent of the Total Population by County (2023)

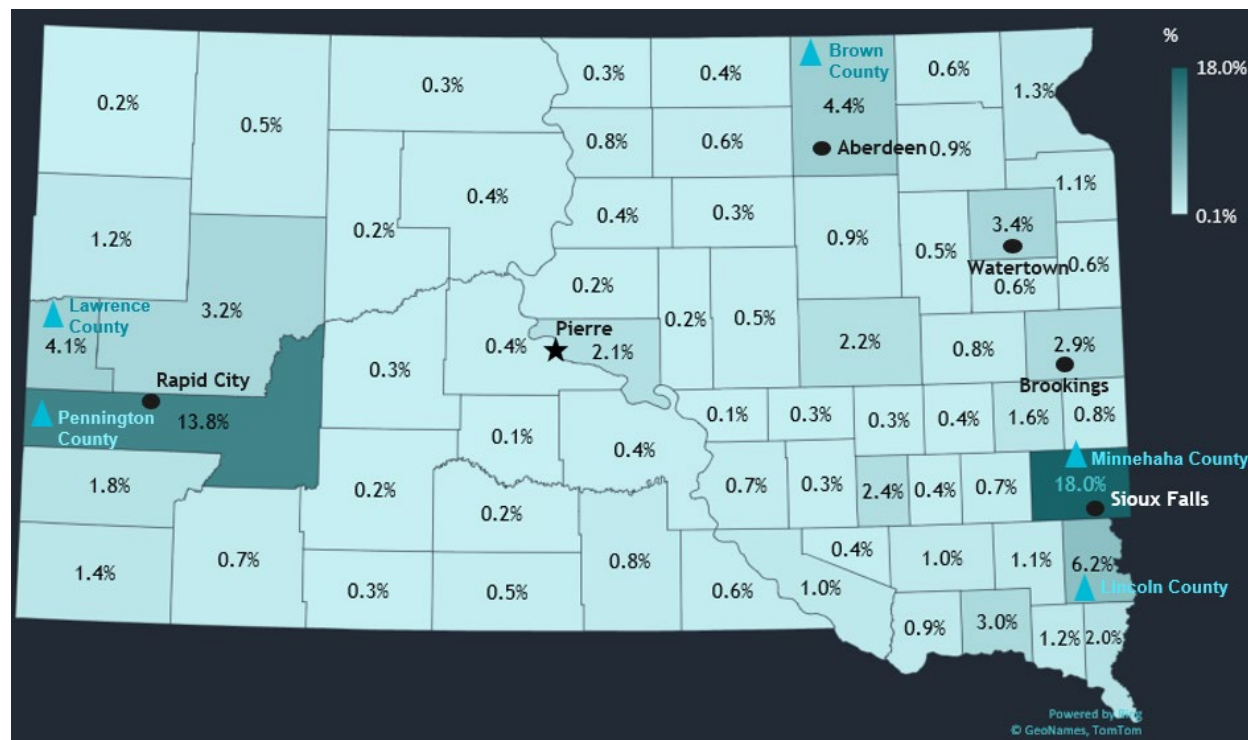


Source: U.S. Census Bureau. "Age and Sex." American Community Survey, ACS 5-Year Estimates Subject Tables, Table S0101, 2023

Locations of Older Adults

In 2023, five counties (Minnehaha, Pennington, Lincoln, Brown, and Lawrence) accounted for 46% of South Dakota’s older adult population. The remaining 54% are located across 61 different counties. Minnehaha County, home to Sioux Falls, accounted for 18% of South Dakota’s older adult population.

Figure 11. Location of Adults Ages 60 Years and Older (2023)



Source: U.S. Census Bureau. "Age and Sex." American Community Survey, ACS 5-Year Estimates Subject Tables, Table S0101, 2023

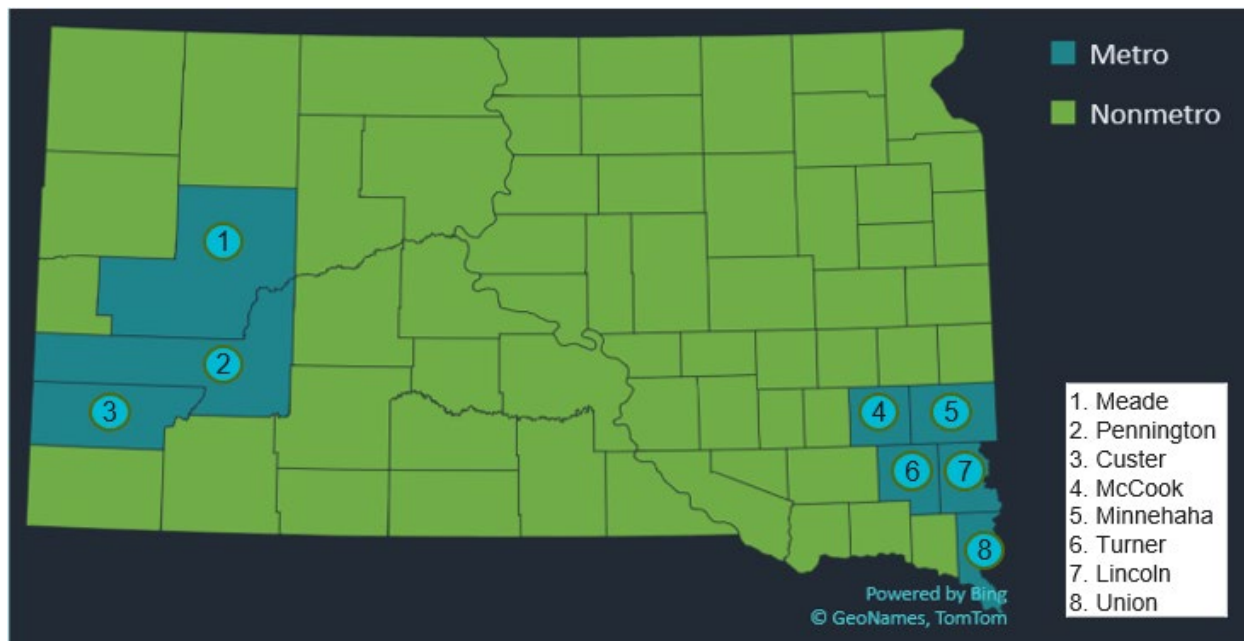
Metro v. Nonmetro

South Dakota LTSS used the 2023 Rural-Urban Continuum Codes, defined by the Economic Research Service (ERS) of the U.S. Department of Agriculture (USDA), to identify metro and nonmetro counties. The 2023 Rural-Urban Continuum Codes distinguish U.S. metropolitan (metro) counties by the population size of their metro area, and nonmetropolitan (nonmetro) counties by their degree of urbanization and adjacency to a metro area.

South Dakota results:

- **Metro:** While only 8 counties in South Dakota are considered metro, 47% of adults 60 years and over live in a metro county.
- **Nonmetro:** 53% of adults 60 years and over live in a nonmetro county. 58 counties in South Dakota are considered nonmetro.

Figure 12. Metro and Nonmetro Counties (2023)

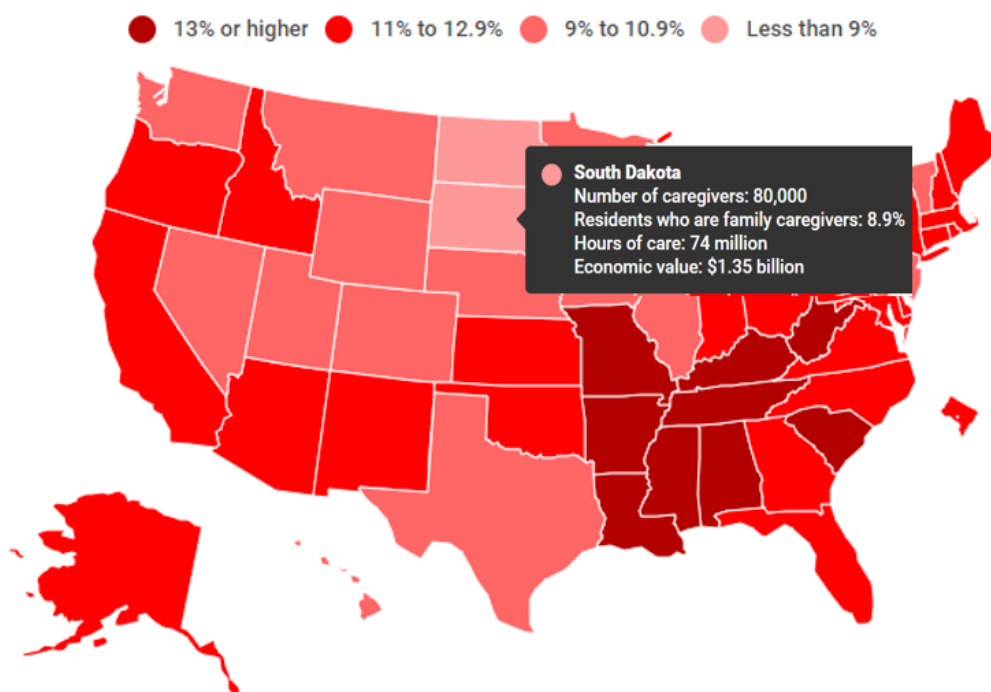


Source: Economic Research Service, U.S. Department of Agriculture. 2023 Rural-Urban Continuum Codes

Unpaid Caregivers

Based on a March 2023 AARP study, approximately 80,000 South Dakotans, representing about 8.9% of the state’s population, provided unpaid care to their loved ones in 2021. This care amounted to 75 million hours, valued at nearly \$1.35 billion.

Figure 13. Percentage of State Residents Who are Unpaid Caregivers



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Source: [Valuing the Invaluable 2023](#), AARP Public Policy Institute

Health Rankings

The United Health Foundation released the “America’s Health Rankings® 2024 Senior Report”, which examines 52 measures of health from 24 distinct data sources to present a comprehensive overview of the health and well-being of the nation’s older adults. Below are key highlights for South Dakota:

Figure 14. Key Strengths and Areas for Improvement for South Dakota



South Dakota Needs Assessment Key Findings

Figure 15. Detailed Results for South Dakota

Measures		State Rank	State Value	U.S. Value
Social & Economic Factors		26	0.156	
Community and Family Safety	Firearm Deaths (Deaths per 100,000 adults age 65+)*	18	13.4	13.5
	Internet Crime (Complaints per 10,000 adults age 60+)*	46	14.7	10.7
	Motor Vehicle Deaths (Deaths per 100,000 adults age 65+)*	31	16.0	13.4
Economic Resources	Food Insecurity (% of adults age 60+)	13	9.6%	12.9%
	Poverty (% of adults age 65+)	31	10.9%	10.9%
	SNAP Reach (Participants per 100 adults age 60+ living in poverty)	35	56.9	81.0
Social Support and Engagement	Community Support Expenditures (Dollars per adult age 60+)	10	\$85	\$62
	High-Speed Internet (% of households with adults age 65+)	37	82.4%	84.8%
	Low-Care Nursing Home Residents (% of residents)	42	14.1%	8.9%
	Risk of Social Isolation (Index from 1-100)	12	43	–
	Unpaid Elder Care (% of population age 15+)*	–	–	14.3%
	Volunteerism (% of adults age 65+)	2	39.6%	22.1%
Physical Environment		2	1.540	
Air and Water Quality	Air Pollution (Micrograms of fine particles per cubic meter)	7	5.8	8.6
	Drinking Water Violations (Average number of violations per community water system)	3	1.2	2.7
Housing and Transit	Housing Cost Burden (% of households with adults age 65+)	11	26.7%	33.1%
Clinical Care		29	-0.023	
Access to Care	Avoided Care Due to Cost (% of adults age 65+)	2	2.0%	3.7%
	Geriatric Clinicians (Clinicians per 100,000 adults age 65+)	50	177	38.0
	Home Health Care Workers (Workers per 1,000 adults age 65+)	45	23.0	61.0
Preventive Clinical Services	Cancer Screenings (% of adults ages 65-75)	12	77.1%	74.1%
	Flu Vaccination (% of adults age 65+)	41	64.1%	67.7%
	Pneumonia Vaccination (% of adults age 65+)	31	69.8%	69.6%
Quality of Care	Dedicated Health Care Provider (% of adults age 65+)	38	94.2%	94.8%
	Hospice Care (% of Medicare decedents)	45	40.7%	46.7%
	Nursing Home Quality (% of beds rated four or five stars)	4	46.6%	31.4%
	Preventable Hospitalizations (Discharges per 100,000 Medicare beneficiaries ages 65-74)	19	1.272	1.452
Behaviors		21	0.100	
Nutrition and Physical Activity	Exercise (% of adults age 65+)	35	20.5%	23.1%
	Fruit and Vegetable Consumption (% of adults age 65+)	33	5.8%	7.3%
	Physical Inactivity (% of adults age 65+ in fair or better health)	33	31.3%	30.9%
Sleep Health	Insufficient Sleep (% of adults age 65+)	1	17.4%	28.1%
Tobacco Use	Smoking (% of adults age 65+)	27	9.0%	8.6%
Health Outcomes		11	0.430	
Behavioral Health	Excessive Drinking (% of adults age 65+)	24	7.4%	7.7%
	Frequent Mental Distress (% of adults age 65+)	1	5.3%	9.4%
	Suicide (Deaths per 100,000 adults age 65+)	17	16.1	17.3
Mortality	Early Death (Deaths per 100,000 adults ages 65-74)	14	1,746	1,979
Physical Health	Falls (% of adults age 65+)	48	33.2%	27.1%
	Frequent Physical Distress (% of adults age 65+)	1	11.5%	17.4%
	Multiple Chronic Conditions (% of Medicare beneficiaries ages 65-74)	13	46%	52%
	Obesity (% of adults age 65+)	32	32.6%	30.6%
	Teeth Extractions (% of adults age 65+)	16	10.6%	12.1%
Overall		19	0.247	

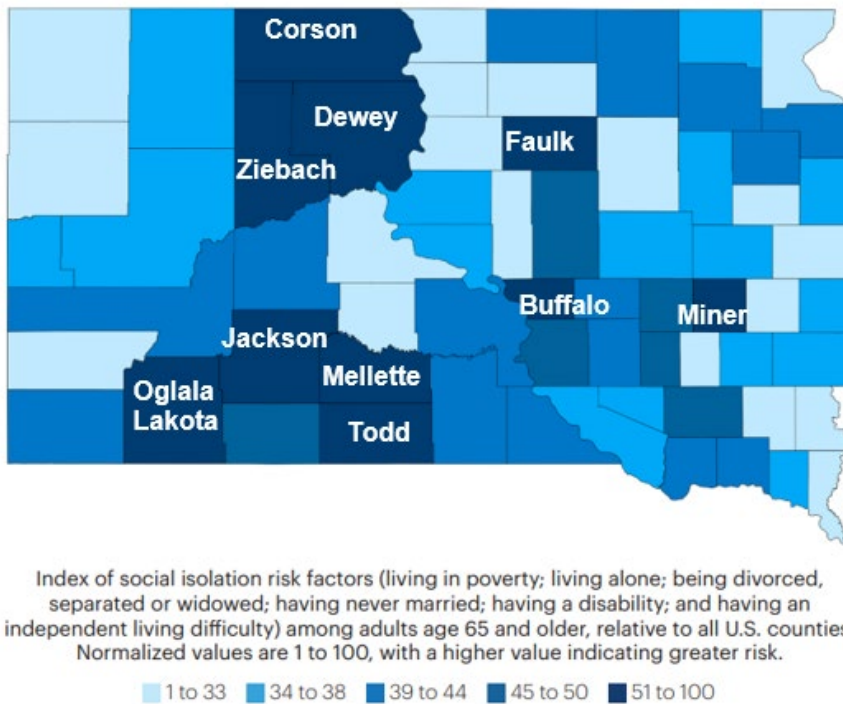
Source: America's Health Rankings® 2024 Senior Report

Although South Dakota generally performed well in terms of the 'risk of social isolation,' there are ten counties within the state that are considered high risk. Risk of social isolation was determined based on several factors among adults aged 65 and older, including living in

South Dakota Needs Assessment Key Findings

poverty, living alone, being divorced, separated, or widowed, never having married, having a disability, and experiencing difficulties with independent living.

Figure 16. Risk of Social Isolation by County (2024)



Source: America's Health Rankings analysis of U.S. Census Bureau, American Community Survey, United Health Foundation, AmericasHealthRankings.org, accessed 2024

4.5 Appendix A.1 - State Plan on Aging Survey Results for Older Adults

GENERAL INFORMATION						
1	Total Responses	Answered				
		29				
2	How old are you? (select one)	Answered	55 to 64	65 to 74	75 to 84	85 to 94
		29	10%	48%	31%	10%
3	What is your race / ethnicity? (select one)	Answered	White - Non-Hispanic	White - Hispanic	American Indian or Alaska Native	
		29	90%	0%	3%	
			Asian or Asian American	Native Hawaiian or Pacific Islander	Black or African American	
			0%	0%	0%	
			2 or More Races	Other Race	Prefer Not to Answer	
			3%	3%	3%	
4	What is your gender identity? (select one)	Answered	Female		Male	
		29	62%		38%	
			Other		Prefer Not to Answer	
			0%		0%	
5	What is your primary language? (select one)	Answered	English			
		29	100%			
6	Which best describes your household income last year? (select one)	Answered	Less Than \$25,000	\$25,000 to \$49,999	\$50,000 to \$74,999	\$75,000 to \$99,999
		28	7%	11%	36%	7%
			\$100,000 to \$149,999	\$150,000 to \$199,999	\$200,000 or More	
			29%	0%	11%	
7	What is your employment status? (select one)	Answered	Full-Time	Part-Time (>20 hours/ week)	Retired	
		29	24%	3%	72%	
			I am Unemployed and Seeking Work	I am Unemployed and Not Seeking Work	Working Seasonally	
			0%	0%	0%	
8	Which of the following best describes where you live now? (select one)	Answered	Assisted Living Residence	Home You Own	Renting	
		29	10%	76%	10%	
			Long-Term Care Hospital	Hospital Awaiting Discharge	Substance Use Treatment Center	
			0%	0%	0%	
			Nursing Facility	Unhoused	Other	
			0%	0%	3%	
9	If you reside in a home-like setting (house, apartment, condo, etc.), which of the following best describes who else lives there? (select one)	a. Spouse/partner only (n=13) b. No one, live alone (n=8) c. Other relatives/friends (n=2) d. Adult child/children (n=1) e. Sibling (n=1) f. Spouse/partner and child (n=0) g. Minor child/children (n=0)				
10	Do you identify as a member of a tribe? (select one)	Answered	Yes	No	Prefer Not to Answer	
		29	3%	97%	0%	
AGING SERVICES IN SOUTH DAKOTA						
11	How informed are you about services and activities available to older adults in your community? (select one)	Answered	Very Informed	Somewhat Informed	Not Informed	
		29	31%	52%	17%	

Appendix A.1 - State Plan on Aging Survey Results for Older Adults

12	Which of the following services or programs have you heard of before? (select all that apply)	Answered	Service/Program	Number of Responses	% of Total	
		29	Assisted living	29	100%	
			Senior centers	27	93%	
			Home delivered meals	27	93%	
			Adult day services	24	83%	
			In-home services	20	69%	
			Caregiver services	19	66%	
			Respite services	15	52%	
			Congregate/group setting meals	15	52%	
			Health insurance information and assistance (SHIINE)	14	48%	
			Transportation (free rides to community services)	14	48%	
			Health promotion and disease prevention (health and wellness programs)	13	45%	
			Information and assistance with long-term services and supports (Dakota at Home)	13	45%	
			Adult protective services	12	41%	
			Care management	12	41%	
			Long-term care ombudsman program	11	38%	
			Legal services	10	34%	
			Assistance with home maintenance and repairs	10	34%	
			Native American programs	5	17%	
	I have not heard of any of these services or programs	0	0%			
13	Which of the following services or programs do you need, but do not currently receive? (select all that apply)	a. Senior Health insurance information and assistance (SHIINE) (n=3) b. Caregiver services (n=2) c. Congregate/group setting meals (n=2) d. Senior centers (n=2) e. Transportation (free rides to community services) (n=2) f. Home delivered meals (n=1) g. Information and assistance with long-term services and supports (Dakota at Home) (n=1) h. In-home services (n=1) i. Legal services (n=1) j. Adult day services (n=1) k. Assisted living (n=1) l. Assistance with home maintenance and repairs (n=1) m. Health promotion and disease prevention (health and wellness programs) (n=0) n. Respite services (n=0) o. Care management (n=0) p. Adult protective services (n=0) q. Long-term care ombudsman program (n=0) r. Native American programs (n=0) s. I have not heard of any of these services or programs (n=0)				
14a	In the last year, have you been to a senior center or senior citizens center? (select one)	Answered	Yes, I Regularly Attend	Yes, Attend But Not Regularly	No	I Don't Know
		28	14%	32%	54%	0%

Appendix A.1 - State Plan on Aging Survey Results for Older Adults

14b	If you don't attend, why don't you regularly attend a senior center or older adult center? (select one)	<p>a. Does not apply (n=7) b. Other (n=4) c. I feel too young to attend a senior center (n=1) d. I am not interested in the activities (n=1) e. I cannot travel to the center (n=1) f. I choose not to socialize with the members of the center (n=0) g. I have dietary needs and can't eat at the center (n=0) h. The center is not open when I can attend (n=0) i. I don't know where one is in my community (n=0) j. I can't physically access the center (n=0) k. I am afraid of getting sick/Covid (n=0) l. I am not familiar with senior centers (n=0) m. No one speaks my language (n=0) n. I don't like the food (n=0)</p>																								
15	How do you usually get around your community for activities including shopping, errands, medical appointments, socializing? (select one)	<table border="1"> <thead> <tr> <th>Answered</th> <th>Drive Yourself</th> <th>Have Others Drive You</th> <th>Use a Ride Share Company</th> <th>I Don't Leave the House</th> </tr> </thead> <tbody> <tr> <td>29</td> <td>93%</td> <td>7%</td> <td>0%</td> <td>0%</td> </tr> <tr> <td></td> <td>Walk</td> <td>Take a Taxi</td> <td>Ride a Bike</td> <td>Some Other Way</td> </tr> <tr> <td></td> <td>0%</td> <td>0%</td> <td>0%</td> <td>0%</td> </tr> </tbody> </table>	Answered	Drive Yourself	Have Others Drive You	Use a Ride Share Company	I Don't Leave the House	29	93%	7%	0%	0%		Walk	Take a Taxi	Ride a Bike	Some Other Way		0%	0%	0%	0%				
Answered	Drive Yourself	Have Others Drive You	Use a Ride Share Company	I Don't Leave the House																						
29	93%	7%	0%	0%																						
	Walk	Take a Taxi	Ride a Bike	Some Other Way																						
	0%	0%	0%	0%																						
16a	What are your barriers to reliable transportation? (select all that apply)	<p>a. Other (open text) (n=7) b. No public transportation (n=3) c. I do not drive (n=2) d. I do not have money for ride services (n=1) e. I do not possess a driver's license (n=1) f. It hurts my body to travel (n=0) g. Senior community van does not work with my schedule (n=0) h. I require an assistive device (n=0) i. I do not own a vehicle (n=0) j. I do not have someone to give me a ride (n=0)</p>																								
16b	What are your barriers to reliable transportation? - Other (text)	<ul style="list-style-type: none"> • My driver's license will run out soon and at my age will probably not renew it. I wish we had public buses that were available at most hours of day and early evening. • Assistance to drive to other city for doctor appointments. • Currently can still drive. • I have reliable transportation. • I or my wife do not require transportation services. 																								
17	Which healthy eating options are most important to expand in your community? (select all that apply)	<p>a. Farmers' markets (n=13) b. Healthy foods at grocery stores and convenience stores (n=12) c. Healthy foods in places like food pantries senior centers and adult day programs (n=12) d. Home delivered meals like carry out and grab and go meals (n=10) e. Classes or workshops to learn about healthy eating (n=10) f. Rewards, perks, or discounts that encourage purchasing healthy foods (n=10) g. Direct help from a medical professional to talk about diet and healthy food options (n=5) h. Help enrolling in the SNAP program (food stamps) (n=4) i. None of the above (n=3)</p>																								
18	If you participate in or are familiar with the home-delivered meal program, what would you like to see improve? (select all that apply)	<p>a. I don't participate in the meal program (n=24) b. Food choice offered (n=3) c. Food quality (n=2) d. Food variety (n=2) e. Special diet accommodations (n=2) f. Food temperature (n=2) g. Food appearance (n=1) h. Other (n=0) i. Nutrition education (n=0) j. Staff (n=0) k. Time of meal delivery (n=0) l. Volunteers and delivery (n=0)</p>																								
19	How would you like to receive nutrition education? (select all that apply)	<table border="1"> <thead> <tr> <th>Answered</th> <th>Handouts / Materials</th> <th>Online Classes</th> <th>In-Person Classes</th> </tr> </thead> <tbody> <tr> <td>27</td> <td>52%</td> <td>33%</td> <td>33%</td> </tr> <tr> <td></td> <td>Individual Counseling</td> <td colspan="2">I Do Not Want to Receive Nutrition Education</td> </tr> <tr> <td></td> <td>4%</td> <td colspan="2">22%</td> </tr> </tbody> </table>	Answered	Handouts / Materials	Online Classes	In-Person Classes	27	52%	33%	33%		Individual Counseling	I Do Not Want to Receive Nutrition Education			4%	22%									
Answered	Handouts / Materials	Online Classes	In-Person Classes																							
27	52%	33%	33%																							
	Individual Counseling	I Do Not Want to Receive Nutrition Education																								
	4%	22%																								

Appendix A.1 - State Plan on Aging Survey Results for Older Adults

20	Select nutrition education topics that interest you. (select all that apply)	<ul style="list-style-type: none"> a. Cooking healthy meals (n=19) b. Eating healthy on a budget (n=16) c. Vitamins and supplements (n=15) d. Nutrients (protein) (n=9) e. Diabetes and nutrition (n=9) f. Portion sizes (n=5) g. Food safety (n=3) h. None (n=3) i. Food groups (n=1) j. Other: Healthy eating for brain and heart health. (n=1)
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EXPANDING ACCESS TO HOME AND COMMUNITY-BASED SERVICES

21	How important is each of the following services to the person you care for?	Answered	Very Important	Important	Not Important
	Access to adult day	27	33%	26%	41%
	Respite care service	26	27%	31%	42%
	Senior center nearby	26	35%	23%	42%
	Information or assistance with health	26	46%	35%	19%
	Keeping warm/cool in extreme weather	25	28%	28%	44%
	Support and help with Alzheimer's	29	45%	21%	34%
	Help with personal care	25	16%	28%	56%
	Help keeping the home clean	25	8%	44%	48%
	Information on healthy eating	25	12%	68%	20%
	Meal delivery in the home	24	8%	29%	63%
	Having someone to talk to when I am lonely	26	19%	54%	27%
	Fun group activities (recreation, day trips)	24	25%	54%	21%
	Learning computer skills	25	12%	44%	44%
	Sharing a meal with other older adults	24	17%	63%	21%
	Health insurance or prescription drug coverage	25	60%	24%	16%
	Transportation	24	29%	42%	29%
	Awareness of services available and how to access	24	46%	42%	13%
	Internet access	24	54%	38%	8%

CAREGIVING

22	Are you currently a caregiver for a family member, friend, neighbor (providing financial, physical, emotional support)? (select all that apply)	Answered	Yes, I Care for an Adult with Disabilities	Yes, I Care for an Older Family Member, Friend or Neighbor	Yes, I Care for an Older Adult with Alzheimer's Disease or Related Dementias	Yes, I care for Someone Not Listed
		28	11%	21%	18%	4%
			Yes, I Help Care for a Minor but I am Not the Primary Caregiver	Yes, I am the Primary Caregiver of a Minor	I Don't Know	No
			0%	0%	0%	68%

Appendix A.1 - State Plan on Aging Survey Results for Older Adults

22a	If yes, what types of activities do you assist with? (select all that apply)	<ul style="list-style-type: none"> a. Helping to maintain their religious practices, hobbies, or interests (n=7) b. Transportation (n=6) c. Household chores (n=6) d. Managing personal care (e.g., bathing, dressing, or feeding) (n=5) e. Managing finances (n=5) f. Scheduling appointments (n=5) g. Home maintenance or repairs (n=4) h. Shopping (e.g., groceries) (n=4) i. Using technology electronics or other communication devices (n=4) j. Providing help in emergency situations (n=3) k. Lawn care/snow removal (n=2) l. Meal preparation / cooking (n=2) m. Administering medication (n=1) n. Other (n=1) o. Pet care (n=0) p. Childcare (n=0) q. Language translation (n=0) r. I do not or cannot assist others with the above tasks (n=0) 			
23	On average, how often do you provide assistance? (select one)	Answered 9	< 7 Hours / Week 11%	7-14 Hours / Week 67%	15-30 Hours / Week 11%
			> 30 Hours/ Week		Does Not Apply
			11%	0%	
24	How much do you estimate that it costs you per month to provide care, estimating both direct costs and costs as a result of loss in wages? (select one)	Answered 9	\$0 33%	< \$100 / Month 22%	\$100-\$499 / Month 22%
			\$1000 and Over / Month		I Can't Estimate
			0%	0%	22%
25	What are the biggest challenges you face as a caregiver for an older adult or adult with a disability? (select one)	<ul style="list-style-type: none"> a. Stress and strain on my mental health (n=2) b. Working while caregiving (n=2) c. Inability to take time to myself (n=2) d. Financial challenges (n=1) e. Challenges related to the Covid 19 pandemic (n=0) f. Challenges accessing information and resources (n=0) g. None of the above (n=0) h. Other (text box) (n=0) 			
26	In the last 6 months, how often have you felt lonely or disconnected from other people because of your caregiving responsibilities? (select one)	Answered 9	Always 0%	Often 22%	Sometimes 22%
			Hardly Ever		Never
			33%	22%	
27	How would you rate the ease of access to resources for caregivers of older adults or adults with a disability, including support services, financial resources, respite care, information / resources? (select one)	Answered 9	Not Easy 22%	Somewhat Easy 67%	Very Easy 11%
I Don't Know 0%					
28	What services and supports would help you better care for your care recipient? (select all that apply)	<ul style="list-style-type: none"> a. Education and resources about care diagnoses and care requirements (n=3) b. Help with self-care, stress-relief, and mental health (n=2) c. Information on state and federal programs (n=1) d. Caretaking support (n=1) e. Transportation assistance (n=1) f. A break from caregiving (e.g., respite) (n=1) g. Funds for a caretaker or caretaking activities (n=0) h. Support groups (n=0) i. Funds for clothing, incontinence supplies, food, home modifications or other items (n=0) j. Funds for prescription deductibles and co-pays (n=0) k. Other (text box) (n=0) 			

Appendix A.1 - State Plan on Aging Survey Results for Older Adults

29	Is there anything that you would like LTSS to understand about aging in South Dakota? (text)	<ul style="list-style-type: none"> • Due to our rural make-up the space between services is wide and deep. I think we recognize that but what is missing is the solution to close the gap! • Older people are not disposable. They should be treated with respect and kindness. They want to live in their own homes for as long as possible. We should help so they can do that. • There needs to be some sort of transportation for people who do not drive so they can get to doctor appointments that are in a different city. 			
SAFETY AND BASIC NEEDS (only participants who identified as "Other" responded to the questions below)					
30	How would you rate your overall health? (select one)	Answered	Excellent	Very Good	Good
		19	16%	74%	11%
31	How would you rate your mental health? (select one)	Answered	Excellent	Very Good	Good
		29	24%	62%	14%
32a	Do you have difficulty doing any of the following on your own? (select one)	<ul style="list-style-type: none"> a. No, I do not have difficulty with any of the response options provided (n=28) b. Daily household tasks, such as laundry and vacuuming (n=1) c. Personal care activities, such as bathing or dressing (n=0) d. Organizing or managing medications (n=0) e. Meal preparation (n=0) 			
32b	If you are not receiving help with these tasks, please tell us why. (select one)	<ul style="list-style-type: none"> a. Other (n=8) b. I am receiving all the help I need (n=6) c. I do not want it (n=3) d. I do not know how to get help (n=2) e. I cannot afford it (n=0) f. There is no help available (n=0) 			
32c	If you are not receiving help with these tasks, please tell us why. (text)	<ul style="list-style-type: none"> • At the present time, I don't feel that I need help with any of the above listed tasks. As I get older there may be a time when I will. Therefore it's important that these services continue to be offered as there are probably others around the state like me that may need these services in the future. • I live in a community and so far do not need the extra help. When I do, I expect it will be available. I am very fortunate! • No longer need help--needed help when caring for my wife who had frontal lobe dementia but she has recently passed away. • I am able to handle my own things at this time. 			
33	What are you most worried about? (select one)	<ul style="list-style-type: none"> a. Health concerns, including cognitive decline and chronic health issues (n=12) b. Maintaining independence and not burdening family members (n=8) c. Financial concerns, including increased cost of living and the ability to afford needed items (n=5) d. Other (n=2) • Housing and health issues. • Seemingly, cognitive issues will be a thing and I want to know the services available to help when we need it. e. Housing affordability and ability to age at home (n=1) f. Finding affordable, quality in-home care (n=0) 			
34	What are you most excited about? (select one)	<ul style="list-style-type: none"> a. Remaining independent, active, and healthy (n=18) b. Exploring hobbies, entertainment, travel, and leisure (n=5) c. Spending time with family and friends (n=4) d. Seeing progress towards implementing policies, programs, and services you care about (n=2) e. Retiring, working less, and or downsizing my home (n=0) f. Other (text box) (n=0) 			
35	How often do you speak with family members, friends, or members of your community? (select one)	Answered	Daily	Weekly	Monthly
		29	76%	24%	0%
			Every Few Months	Annually	Never
			0%	0%	0%
36	Thinking back over the last 12 months, how many times have you fallen and injured yourself? (select one)	Answered	6 or More Days	3-5 days	1-2 Days
		28	0%	0%	14%
					None
					86%

Appendix A.1 - State Plan on Aging Survey Results for Older Adults

37	Which, if any, of the following reasons impact your ability to access and use as intended any of the rooms or spaces in your home environment? (select all that apply)	a. Does not apply, I am able to access and use all spaces (n=25) b. Other (n=2) c. Counters/cabinets are too high (n=1) d. Lack of clear pathways to navigate (n=1) e. Slippery or uneven surfaces (n=1) f. Spaces in my home are not wheelchair accessible (n=1) g. Lack of heat (n=0) h. Lack of air conditioner (n=0) i. No safety/grab bars where I need them (n=0) j. No working elevator in my building (n=0) k. Poor lighting (n=0) l. Too much clutter (n=0)			
38	In case of another health emergency or an environmental emergency like a blizzard, ice storm, or heat wave, do you.....? (select all that apply)	a. Have supplies like shelf-stable food, water, toiletries, medications, batteries (n=26) b. Know whom to contact in an emergency (n=24) c. Know where to get information about an ongoing emergency (n=23) d. Have a plan to stay safe that you have shared with other people in your life close to you (n=15) e. Know where to go for a warming shelter (n=7) f. Know where to go for a cooling shelter (n=6) g. None of the above (n=0)			
39	Do you feel emotionally or physically unsafe at home? (select one)	Answered	Yes	No	
		28	4%	96%	
40	Do you know how to report abuse, neglect and exploitation of older adults? (select one)	Answered	Yes	No	
		25	88%	12%	
41	Do you feel comfortable using technology (e.g., computer, tablet, smart phone) to receive aging services? (select one)	Answered	Yes		
		29	100%		
42	Do you own and use a computer or tablet? (select one)	Answered	I Have and Use One	I Don't Have One	I Don't Own, Know How, or Choose to Use One
		28	93%	4%	4%
43	Do you have internet access in your home? (select one)	Answered	Yes		
		29	100%		
WRAP UP					
44	Please rate your preferred modes of communication from South Dakota LTSS or your local providers about new programs, services, and emergency information. (select one)	Answered	Email	Phone / Voicemail Messages	Presentations
		29	52%	14%	10%
			Text	Social Media	Website Updates
			10%	3%	10%

4.6 Appendix A.2 - State Plan on Aging Survey Results for Advocates or Service Providers

GENERAL INFORMATION					
1	Total Responses	Answered			
		30			
2	Please identify your provider type or the type of service that you provide. (select all that apply)	a. Advocate (n=10) b. In-home service provider (n=7) c. Medical services (n=6) d. Community-based organization (n=6) e. Other (n=5) f. Transportation (n=2) g. Senior Center (n=2) h. Home delivered meals (n=2) i. Congregate meals (n=2) j. Adult day (n=2) k. Legal Services (n=1) l. Mental health provider (n=1)			
AGING SERVICES IN SOUTH DAKOTA					
3	How informed are you about services and activities available to older adults in your community? (select one)	Answered	Very Informed	Somewhat Informed	Not Informed
		30	63%	37%	0%
4	How informed do you think that older adults and caregivers are about services and activities that are available to them in the community? (select one)	Answered	Very Informed	Somewhat Informed	Not Informed
		30	0%	60%	43%
5	Which of the following services or programs have you heard of before? (select all that apply)	a. Assisted living (n=30) b. Adult day services (n=29) c. In-home services (n=29) d. Senior centers (n=29) e. Adult protective services (n=28) f. Information and assistance with long-term services and supports (Dakota at Home) (n=28) g. Respite services (n=28) h. Home delivered meals (n=28) i. Caregiver services (n=27) j. Long-term care ombudsman program (n=25) k. Congregate/group setting meals (n=21) l. Transportation (free rides to community services) (n=21) m. Care management (n=20) n. Health promotion and disease prevention (health and wellness programs) (n=20) o. Health insurance information and assistance (SHIINE) (n=19) p. Legal services (n=19) q. Assistance with home maintenance and repairs (n=17) r. Native American programs (n=6) s. Long-term care ombudsman program (n=0) t. I have not heard of any of these services or programs (n=0)			

Appendix A.2 - State Plan on Aging Survey Results for Advocates or Service Providers

6	How can the State improve communications regarding programs and services for older adults and caregivers?	<p>Top 10 recommendations for improving communication (<i>Results are summarized</i>):</p> <ol style="list-style-type: none"> 1. Proactive Communication: Be proactive in communicating available services. Regularly update older adults and caregivers about new and existing services. 2. Flyers and Ads: Send/mail out flyers, increase ads on TV, hold health fairs, and inform clinics/doctors about services. 3. Resource Guide: Develop and distribute a comprehensive resource guide that includes detailed information on services, how to get approved, and requirements. 4. Multiple Communication Channels: Use multiple sources of communication, including online platforms, newspapers, radio, newsletters, and TV ads. 5. Traditional Communication Methods: Provide information the "old-fashioned" way via paper, in-person meetings, and from trusted sources (pastors, friends, family, etc.). 6. Healthcare Providers: Ensure healthcare providers have information on hand or give it out to individuals, particularly the Dakota at Home phone number and website. 7. Retirement Planning Meetings: Hold meetings with companies in regions of the state to help employees at age 50 plan for retirement and understand Medicare and Medicaid. 8. Pamphlets and Case Managers: Make pamphlets available at senior centers, with case managers at hospitals, and with facilities involved in discharge planning. 9. Alternate Dissemination Methods: Use infographics or wallet-sized items for those who do not have access to technology. 10. Community Engagement: Share information at locations frequented by seniors, such as senior centers, churches, and community events. Provide education/training to social workers, case managers, care coordinators, hospital discharge teams, and clinic teams.
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EXPANDING ACCESS TO HOME AND COMMUNITY-BASED SERVICES

7	How important is each of the following services to the people you serve?	Answered	Very Important	Important	Not Important
	Access to adult day	29	45%	31%	24%
	Respite care service	30	70%	17%	13%
	Senior center nearby	28	25%	43%	32%
	Information or assistance with health insurance and prescription drugs	30	77%	20%	3%
	Keeping warm/cool in extreme weather	28	54%	39%	7%
	Support and help with Alzheimer's Disease and Related Dementias	30	70%	30%	0%
	The Medicaid HCBS provider enrollment process is clear	30	63%	33%	3%
	Help with personal care	30	50%	40%	10%
	Help keeping the home clean	30	27%	53%	20%
	Information on healthy eating	29	48%	38%	14%
	Meal delivery in the home	30	77%	23%	0%
	Fun group activities (recreation, day trips)	30	37%	53%	10%
	Learning computer skills	29	10%	62%	28%
	Sharing a meal with other older adults	29	38%	52%	10%
	Health insurance or prescription drug coverage	29	79%	17%	3%
	Transportation	30	83%	17%	0%
	Awareness of services available and how to access	30	97%	3%	0%
	Internet access	29	31%	48%	6%

Appendix A.2 - State Plan on Aging Survey Results for Advocates or Service Providers

8	How can the State improve existing Older Americans Act services for older adults and caregivers in your community?	<p>Top 10 recommendations for improving existing Older Americans Act services (Results are summarized):</p> <ol style="list-style-type: none"> Expand Adult Day Services and Transportation: Increase the availability of adult day services and transportation options. Improve Advertising and Awareness: Enhance advertising efforts on a monthly rotating schedule and provide free access to live programs. Increase Funding for Underserved Areas: Expand funding for transportation, adult day services, and caregiver assistance across the state, especially in underserved areas. Simplify Service Approval Processes: Speed up the approval process for services and ensure financial criteria are met before approval. Enhance Caregiver Support Programs: Increase the availability of caregiver support programs, including respite care, and provide long-term planning, financial, and legal support. Improve Adult Protective Services: Strengthen adult protective services to provide better support and protection for vulnerable older adults. Provide Comprehensive Information and Training: Offer detailed information on services, including how to get approved and what the requirements are, and provide cross-training within organizations. Increase Medicaid Reimbursement Rates: Raise Medicaid reimbursement rates for aging-related and long-term support service providers. Support Community-Level Solutions: Develop community-level solutions in rural areas to address local needs and challenges. Strengthen the Long-Term Care Ombudsman Program: Enhance the Long-Term Care Ombudsman program to allow for more timely responses and on-site support.
9	Are there any services not currently offered by the State that should be offered to older adults and caregivers?	<p>Results are summarized:</p> <ol style="list-style-type: none"> Adult Day Services: There's a need for more respite care and long-distance transportation options. Advanced Care Planning: Support for planning future healthcare needs. Dementia Care: Navigation services and centers for dementia care are lacking. Financial Assistance: More support is needed for financial aid. Housing Assistance: Help with finding housing and completing paperwork. Support Groups: Funding for non-profit-run support groups could be beneficial. Home Modifications: Information and funding for home modifications are needed. Brain Health Centers: A focus on dementia care and treatment centers is crucial. Healthy Food Access: More options for healthy meals for low-income seniors. Respite and Homemaker Services: Increased availability of these services is essential. Transportation: Better transportation to larger cities for medical appointments. Home Care Hours: More approved hours for home care services. Low-Income Senior Housing: More housing with concierge services is needed.

GREATEST SOCIAL AND ECONOMIC NEED

10 South Dakota is required to prioritize Older American Act services to older adults with the greatest economic and greatest social need. To effectively prioritize these services, for the identified individuals, how important are each of the factors below?	Answered	Very Important	Important	Not Important
Income level at or below the poverty line	30	67%	20%	13%
Living with HIV/AIDS	30	20%	40%	40%
Living with Alzheimer's disease or related dementia	30	87%	13%	0%
Physical and mental disabilities	30	97%	3%	0%
Lives alone	30	77%	23%	0%
Lives in a rural area	30	77%	20%	3%
Individuals who are age 80 years and older	30	63%	27%	10%
Race or ethnic status	30	13%	40%	47%
Sexual orientation, gender identity, or sex characteristics	30	10%	37%	53%
Native American identity	30	17%	53%	30%
Language barrier	30	47%	40%	13%

Appendix A.2 - State Plan on Aging Survey Results for Advocates or Service Providers

WRAP UP		
11	Is there anything else you would like to tell us that was not covered in this survey?	<p>Here are ten services that could be beneficial for older adults and caregivers (Results are summarized)</p> <ol style="list-style-type: none"> 1. Direct Communication for Aging in Place: Enhanced communication strategies to inform residents in senior apartments and assisted living facilities about available services and support. 2. Digital Accessibility and Inclusion: Programs to improve digital access for individuals with communication disabilities, drawing on research and best practices like those from Arizona. 3. Dementia Screening and Awareness: Increased efforts to educate about dementia and provide regular screenings to differentiate between normal aging and cognitive decline. 4. Affordable, Accessible Housing: Development of housing that supports aging in place, with features like walkability, public transportation access, and proximity to essential services. 5. Culturally Competent Care: Training for caregivers to ensure they provide compassionate, culturally sensitive care that meets the diverse needs of older adults. 6. Alzheimer's and Dementia Health Centers: Establishment of specialized centers for Alzheimer's and dementia care, given the high prevalence and impact of these conditions. 7. Improved Long-Term Support Care: Addressing staffing shortages and turnover in direct care positions by increasing Medicaid reimbursement rates and improving working conditions. 8. Adaptable Housing Initiatives: Encouraging the construction of homes that can be easily modified for accessibility, reducing future costs and strain on Medicaid. 9. Stigma Reduction Programs: Initiatives to reduce the stigma associated with seeking help, particularly in stoic communities, through education and outreach. 10. Enhanced Rural Services: Innovative solutions to provide services in rural areas, such as mobile care units or telehealth options, to overcome challenges of distance and low population density.

Appendix A.3 - State Plan on Aging Survey Results for Family Caregivers, Family Members, Non-Family Caregivers, or Other

GENERAL INFORMATION						
1	Total Responses	Answered				
		18				
2	Please select which of the following options best describes you. (select one)	Answered	Family Member of an Older Adult	Family Caregiver of an Older Adult	Non-Family Caregiver of an Older Adult	Other
		18	17%	56%	11%	17%
3	How old are you? (select one)	Answered	25 to 34	35 to 44	45 to 54	
		18	6%	17%	11%	
			55 to 64	65 to 74	75 to 84	
			33%	28%	6%	
4	What is your race / ethnicity? (select one)	Answered	White - Non-Hispanic	White - Hispanic	American Indian or Alaska Native	
		18	89%	6%	6%	
			Asian or Asian American	Native Hawaiian or Pacific Islander	Black or African American	
			0%	0%	0%	
			2 or More Races	Other Race	Prefer Not to Answer	
			0%	0%	0%	
5	What is your gender identity? (select one)	Answered	Female		Male	
		18	94%		6%	
			Other		Prefer Not to Answer	
			0%		0%	
6	What is your primary language? (select one)	Answered	English			
		18	100%			
7	Which best describes your household income last year? (select one)	Answered	Less Than \$25,000	\$25,000 to \$49,999	\$50,000 to \$74,999	\$75,000 to \$99,999
		17	0%	6%	29%	24%
			\$100,000 to \$149,999	\$150,000 to \$199,999	\$200,000 or More	
			18%	18%	6%	
8	What is your employment status? (select one)	Answered	Full-Time	Part-Time (>20 hours/ week)	Retired	
		18	50%	6%	44%	
			I am Unemployed and Seeking Work	I am Unemployed and Not Seeking Work	Seasonally	
			0%	0%	0%	
9	Which of the following best describes where the person you care for lives now? (select one)	Answered	Assisted Living Residence	Home You Own	Renting	
		18	17%	72%	6%	
			Long-Term Care Hospital	Hospital Awaiting Discharge	Substance Use Treatment	
			6%	0%	0%	
			Nursing Facility	Unhoused	Other	
			0%	0%	0%	
10	If the person you care for resides in a home-like setting (house, apartment, condo, etc.), which of the following best describes who else lives there? (select one)	a. Spouse/partner only (n=9) b. No one, live alone (n=4) c. Spouse/partner and child (n=3) d. Sibling (n=0) e. Adult child/children (n=0) f. Minor child/children (n=0) g. Other relatives/friends (n=0)				
11	Does the person you care for identify as a member of a tribe? (select one)	Answered	Yes	No	Prefer Not to Answer	
		18	0%	100%	0%	
AGING SERVICES IN SOUTH DAKOTA						
12	How informed are you about services and activities available to older adults in your community? (select one)	Answered	Very Informed	Somewhat Informed	Not Informed	
		18	17%	50%	33%	

4.7 Appendix A.3 - State Plan on Aging Survey Results for Family Caregivers, Family Members, Non-Family Caregivers, or Other

13	Which of the following services or programs have you heard of before? (select all that apply)	<ul style="list-style-type: none"> a. Assisted living (n=14) b. Home delivered meals (n=14) c. Senior centers (n=12) d. Adult day services (n=11) e. Caregiver services (n=10) f. Adult protective services (n=9) g. Respite services (n=8) h. Senior Health insurance information and assistance (SHIINE) (n=7) i. Information and assistance with long-term services and supports (Dakota at Home) (n=7) j. In-home services (n=7) k. Transportation (free rides to community services) (n=7) l. Long-term care ombudsman program (n=6) m. Congregate/group setting meals (n=6) n. Health promotion and disease prevention (health and wellness programs) (n=4) o. Assistance with home maintenance and repairs (n=4) p. Care management (n=3) q. Legal services (n=3) r. Native American programs (n=1) s. I have not heard of any of these services or programs (n=1)
14	Which of the following services or programs does the person you care for need, but does not currently receive? (select all that apply)	<ul style="list-style-type: none"> a. Assisted living (n=3) b. Adult day services (n=3) c. Health insurance information and assistance (SHIINE) (n=3) d. Caregiver services (n=3) e. Health promotion and disease prevention (health and wellness programs) (n=3) f. Senior centers (n=3) g. Transportation (free rides to community services) (n=3) h. I have not heard of any of these services or programs (n=3) i. Respite services (n=2) j. Care management (n=2) k. Assistance with home maintenance and repairs (n=2) l. Home delivered meals (n=1) m. Information and assistance with long-term services and supports (Dakota at Home) (n=1) n. In-home services (n=1) o. Congregate/group setting meals (n=1) p. Legal services (n=1) q. Adult protective services (n=0) r. Long-term care ombudsman program (n=0) s. Native American programs (n=0)
15	For individuals who responded that the person you care for is not receiving services in question 13, please tell us the reason why. (text)	<ul style="list-style-type: none"> • Neither our facility nor our community have a free transportation service. • There are no adult daycare care services in our area. I was able to have my mom access an assisted living program for day services but when they filled all their beds she could no longer go. • There is no assisted living available in Jerauld county which would be so helpful. Only group meals my mom has access to are M-F lunch at senior center. Weekend would be nice. Hard to find a SHIINE...to talk to. • Very few of these services are available in my area. • Services are not streamlined. The onus rests upon the caregiver (often in the sandwich generation) to seek out and coordinate these services. Low bid for development of websites, apps, staffing often results in disjointed and insufficient services and high turnover. • I am unaware of programs that help seniors with home repairs. I do not know how to connect my elderly parent with SHIINE and I didn't know it existed. My parent lives rurally and senior centers are very accessible. • Not aware of what is offered. • Live 25 miles in country. • Services are limited in our rural area.

Appendix A.3 - State Plan on Aging Survey Results for Family Caregivers, Family Members, Non-Family Caregivers, or Other

16a	In the last year, has the person you care for been to a senior center or senior citizens center? (select one)	<table border="1"> <tr> <th>Answered</th> <th>Yes, I Regularly Attend</th> <th>Yes, Attend But Not Regularly</th> <th>No</th> <th>I Don't Know</th> </tr> <tr> <td>18</td> <td>11%</td> <td>22%</td> <td>61%</td> <td>6%</td> </tr> </table>	Answered	Yes, I Regularly Attend	Yes, Attend But Not Regularly	No	I Don't Know	18	11%	22%	61%	6%									
Answered	Yes, I Regularly Attend	Yes, Attend But Not Regularly	No	I Don't Know																	
18	11%	22%	61%	6%																	
16b	If you don't attend, why don't you regularly attend a senior center or older adult center? (select one)	<p>a. Other (n=6)</p> <ul style="list-style-type: none"> I work 2 jobs and have animals It is difficult to get there. Live far away. Lives in assisted living facility and attends activities there. My husband, who has Alzheimer's, does not want to go. We have made other arrangements for lunch which is all they offer they do not have any activities. Too far to travel on a daily basis. Spouse won't leave house and wouldn't go by myself. <p>b. Does not apply (n=1)</p> <p>c. I am not interested in the activities (n=1)</p> <p>d. I cannot travel to the center (n=1)</p> <p>e. I can't physically access the center (n=1)</p> <p>f. I am not familiar with senior centers (n=1)</p> <p>g. I feel too young to attend a senior center (n=0)</p> <p>h. I choose not to socialize with the members of the center (n=0)</p> <p>i. I have dietary needs and can't eat at the center (n=0)</p> <p>j. The center is not open when I can attend (n=0)</p> <p>k. I don't know where one is in my community (n=0)</p> <p>l. I am afraid of getting sick/Covid (n=0)</p> <p>m. No one speaks my language (n=0)</p> <p>n. I don't like the food (n=0)</p>																			
17	How does the person you care for usually get around their community for activities including shopping, errands, medical appointments, socializing? (select one)	<table border="1"> <tr> <th>Answered</th> <th>Drive Yourself</th> <th>Have Others Drive You</th> <th>Use a Ride Share Company</th> <th>I Don't Leave the House</th> </tr> <tr> <td>18</td> <td>61%</td> <td>28%</td> <td>6%</td> <td>6%</td> </tr> </table>	Answered	Drive Yourself	Have Others Drive You	Use a Ride Share Company	I Don't Leave the House	18	61%	28%	6%	6%	<table border="1"> <tr> <th>Walk</th> <th>Take a Taxi</th> <th>Ride a Bike</th> <th>Some Other Way</th> </tr> <tr> <td>0%</td> <td>0%</td> <td>0%</td> <td>0%</td> </tr> </table>	Walk	Take a Taxi	Ride a Bike	Some Other Way	0%	0%	0%	0%
Answered	Drive Yourself	Have Others Drive You	Use a Ride Share Company	I Don't Leave the House																	
18	61%	28%	6%	6%																	
Walk	Take a Taxi	Ride a Bike	Some Other Way																		
0%	0%	0%	0%																		
18a	What are the barriers to reliable transportation for the person you care for? (select all that apply)	<p>a. Other (open text) (n=11)</p> <p>b. I do not drive (n=5)</p> <p>c. No public transportation (n=3)</p> <p>d. I do not have money for ride services (n=2)</p> <p>e. Senior community van does not work with my schedule (n=2)</p> <p>f. It hurts my body to travel (n=1)</p> <p>g. I do not possess a driver's license (n=1)</p> <p>h. I require an assistive device (n=1)</p> <p>i. I do not own a vehicle (n=0)</p> <p>j. I do not have someone to give me a ride (n=0)</p>																			
18b	What are the barriers to reliable transportation for the person you care for? - Other (text)	<ul style="list-style-type: none"> At this time, we do not need public transportation. He is not able to drive anymore so needs to be taken by someone else. I drive us where ever we need to go. I prefer my husband not to drive as he has Alzheimers disease. I drive us where ever we need to go. My mom is scared to leave the house for fear she will not know how to get back. She only goes where she has to...the doctor and dentist, otherwise, she does not enjoy going out. I drive us where ever we need to go. The stigma around driving safety and dementia limits the likeness of older adults to acknowledge when they experience challenges. These are what my friends tell me about our litle town. Unable to travel alone due to dementia. 																			

Appendix A.3 - State Plan on Aging Survey Results for Family Caregivers, Family Members, Non-Family Caregivers, or Other

19	Which healthy eating options are most important to expand in your community? (select all that apply)	<ul style="list-style-type: none"> a. None of the above (n=7) b. Healthy foods in places like food pantries senior centers and adult day programs (n=6) c. Home delivered meals like carry out and grab and go meals (n=5) d. Rewards, perks, or discounts that encourage purchasing healthy foods (n=4) e. Healthy foods at grocery stores and convenience stores (n=4) f. Direct help from a medical professional to talk about diet and healthy food options (n=4) g. Farmers' markets (n=2) h. Classes or workshops to learn about healthy eating (n=2) i. Help enrolling in the SNAP program (food stamps) (n=0) 																			
20	If the person you care for participates in or is familiar with the home-delivered meal program, what would you like to see improve? (select all that apply)	<ul style="list-style-type: none"> a. I don't participate in the meal program (n=14) b. Other (n=4) c. Food choice offered (n=1) d. Food quality (n=1) e. Nutrition education (n=1) f. Staff (n=1) g. Time of meal delivery (n=1) h. Volunteers and delivery (n=1) i. Food variety (n=0) j. Special diet accommodations (n=0) k. Food temperature (n=0) l. Food appearance (n=0) 																			
21	If the person you care for participates in or is familiar with the home-delivered meal program, what would you like to see improve? - Other (text)	<ul style="list-style-type: none"> • I don't know if there is a home delivery food program in Jerauld county. • Not involved with this program therefore can not comment on the service. • Nutrition insecurity is often due to disjointed programs. When government and nonprofits work together, they can build program that aligns with the needs of South Dakotans in a data-informed way. For example, feeding South Dakota delivers bulk products across the state and active generations delivers individual meals. If volunteers, training, and rural outreach was aligned and based on a heat map, we could improve congregate dining and simultaneously improve local economy and reduce chronic disease risk. 																			
22	How would you like to receive nutrition education? (select all that apply)	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th style="background-color: #1f4e79; color: white;">Answered</th> <th style="background-color: #1f4e79; color: white;">Handouts / Materials</th> <th style="background-color: #1f4e79; color: white;">Online Classes</th> <th style="background-color: #1f4e79; color: white;">In-Person Classes</th> </tr> <tr> <td style="text-align: center;">18</td> <td style="text-align: center;"><div style="width: 28%; background-color: #90ee90; border: 1px solid black;"></div> 28%</td> <td style="text-align: center;"><div style="width: 0%; background-color: #90ee90; border: 1px solid black;"></div> 0%</td> <td style="text-align: center;"><div style="width: 33%; background-color: #90ee90; border: 1px solid black;"></div> 33%</td> </tr> <tr> <td></td> <td colspan="2" style="background-color: #1f4e79; color: white; text-align: center;">Individual Counseling</td> <td style="background-color: #1f4e79; color: white; text-align: center;">I Do Not Want to Receive Nutrition Education</td> </tr> <tr> <td></td> <td colspan="2" style="text-align: center;"><div style="width: 28%; background-color: #90ee90; border: 1px solid black;"></div> 28%</td> <td style="text-align: center;"><div style="width: 39%; background-color: #90ee90; border: 1px solid black;"></div> 39%</td> </tr> </table>	Answered	Handouts / Materials	Online Classes	In-Person Classes	18	<div style="width: 28%; background-color: #90ee90; border: 1px solid black;"></div> 28%	<div style="width: 0%; background-color: #90ee90; border: 1px solid black;"></div> 0%	<div style="width: 33%; background-color: #90ee90; border: 1px solid black;"></div> 33%		Individual Counseling		I Do Not Want to Receive Nutrition Education		<div style="width: 28%; background-color: #90ee90; border: 1px solid black;"></div> 28%		<div style="width: 39%; background-color: #90ee90; border: 1px solid black;"></div> 39%			
Answered	Handouts / Materials	Online Classes	In-Person Classes																		
18	<div style="width: 28%; background-color: #90ee90; border: 1px solid black;"></div> 28%	<div style="width: 0%; background-color: #90ee90; border: 1px solid black;"></div> 0%	<div style="width: 33%; background-color: #90ee90; border: 1px solid black;"></div> 33%																		
	Individual Counseling		I Do Not Want to Receive Nutrition Education																		
	<div style="width: 28%; background-color: #90ee90; border: 1px solid black;"></div> 28%		<div style="width: 39%; background-color: #90ee90; border: 1px solid black;"></div> 39%																		
23	Select nutrition education topics that interest you. (select all that apply)	<ul style="list-style-type: none"> a. Cooking healthy meals (n=7) b. Diabetes and nutrition (n=7) c. Eating healthy on a budget (n=7) d. Vitamins and supplements (n=5) e. Portion sizes (n=4) f. Nutrients (protein) (n=3) g. Food safety (n=2) h. None (n=2) i. Food groups (n=0) j. Other (n=0) 																			

Appendix A.3 - State Plan on Aging Survey Results for Family Caregivers, Family Members, Non-Family Caregivers, or Other

EXPANDING ACCESS TO HOME AND COMMUNITY-BASED SERVICES					
24	How important is each of the following services to the person you care for?	Answered	Very Important	Important	Not Important
	Access to adult day	17	47%	29%	24%
	Respite care service	17	24%	47%	29%
	Senior center nearby	17	18%	47%	35%
	Information or assistance with health	16	31%	25%	44%
	Keeping warm/cool in extreme weather	17	24%	29%	47%
	Support and help with Alzheimer's Disease	17	76%	18%	6%
	Help with personal care	17	24%	35%	41%
	Help keeping the home clean	17	18%	35%	47%
	Information on healthy eating	16	6%	56%	38%
	Meal delivery in the home	15	0%	53%	47%
	Having someone to talk to when I am lonely	17	35%	35%	29%
	Fun group activities (recreation, day trips)	17	24%	41%	35%
	Learning computer skills	16	0%	31%	69%
	Sharing a meal with other older adults	16	31%	19%	50%
	Health insurance or prescription drug coverage	16	38%	38%	25%
	Transportation	16	44%	31%	25%
	Awareness of services available and how to access	17	53%	35%	12%
	Internet access	16	38%	31%	31%

CAREGIVING

25a	Are you currently a caregiver for a family member, friend, neighbor (providing financial, physical, emotional support)? (select all that apply)	Answered	Yes, I Care for an Adult with Disabilities	Yes, I Care for an Older Family Member, Friend or Neighbor	Yes, I Care for an Older Adult with Alzheimer's Disease or Related Dementias	Yes, I care for Someone Not Listed
		18	11%	44%	61%	0%
			Yes, I Help Care for a Minor but I am Not the Primary Caregiver	Yes, I am the Primary Caregiver of a Minor	I Don't Know	No
			0%	28%	0%	22%

25b	If yes, what types of activities do you assist with? (select all that apply)
	a. Transportation (n=15) b. Using technology, electronics or other communication devices (n=15) c. Scheduling appointments (n=13) d. Household chores (n=12) e. Administering medication (n=11) f. Home maintenance or repairs (n=10) g. Managing finances (n=10) h. Meal preparation / cooking (n=10) i. Providing help in emergency situations (n=10) j. Helping to maintain their religious practices, hobbies, or interests (n=8) k. Managing personal care (e.g., bathing, dressing, or feeding) (n=7) l. Shopping (e.g., groceries) (n=7) m. Lawn care/snow removal (n=6) n. Pet care (n=5) o. Childcare (n=1) p. Language translation (n=0) q. I do not or cannot assist others with the above tasks (n=0) r. Other (n=0)

Appendix A.3 - State Plan on Aging Survey Results for Family Caregivers, Family Members, Non-Family Caregivers, or Other

26	On average, how often do you provide assistance? (select one)	Answered	< 7 Hours / Week	7-14 Hours / Week	15-30 Hours / Week	
		14	7%	29%	14%	
			> 30 Hours/ Week	Does Not Apply		
43%	7%					
27	How much do you estimate that it costs you per month to provide care, estimating both direct costs and costs as a result of loss in wages? (select one)	Answered	\$0	< \$100 / Month	\$100-\$499 / Month	
		14	14%	7%	21%	
			\$1000 and Over / Month	I Can't Estimate	Does Not Apply	
14%	29%	14%				
28	What are the biggest challenges you face as a caregiver for an older adult or adult with a disability? (select one)	a. Stress and strain on my mental health (n=8) b. Other (text box) (n=3) c. Inability to take time to myself (n=2) d. Working while caregiving (n=1) e. Challenges related to the Covid 19 pandemic (n=0) f. Challenges accessing information and resources (n=0) g. Financial challenges (n=0) h. None of the above (n=0)				
29	What are the biggest challenges you face as a caregiver for an older adult or adult with a disability? - Other (text)	<ul style="list-style-type: none"> Balancing work, living two hours away from loved one I am caregiving for, finding someone to be there when I cannot be there and check on her each day. Ensuring she has adequate food for each meal and eating healthy. I wish she had activities to keep her engaged, learning and moving every day. There should be programs and activities to keep older adults in this apartment setting doing fun things. Keep them moving and brains working. Trying to do all of these from a distance is hard. Get tired at times. 				
30	In the last 6 months, how often have you felt lonely or disconnected from other people because of your caregiving responsibilities?	Answered	Always	Often	Sometimes	
		14	0%	43%	43%	
			Hardly Ever	Never		
14%	0%					
31	How would you rate the ease of access to resources for caregivers of older adults or adults with a disability, including support services, financial resources, respite care, information/resources?	Answered	Not Easy	Somewhat Easy	Very Easy	I Don't Know
		14	57%	21%	0%	21%
32	What services and supports would help you better care for your care recipient?	a. Other (text box) (n=6) b. Funds for a caretaker or caretaking activities (n=3) c. Support groups (n=2) d. Help with self-care, stress-relief, and mental health (n=2) e. Transportation assistance (n=2) f. A break from caregiving (e.g., respite) (n=1) g. Information on state and federal programs (n=1) h. Caretaking support (n=1) i. Funds for clothing, incontinence supplies, food, home modifications or other items (n=0) j. Funds for prescription deductibles and co-pays (n=0) k. Education and resources about care diagnoses and care requirements (n=0)				
		<ul style="list-style-type: none"> All of the above are important Programs and activities for older adults to maintain their health for body and brain. Assisted living in hometown so they can stay living in their own community where their friends are. 				
33	What services and supports would help you better care for your care recipient?	<ul style="list-style-type: none"> All of the above are important Programs and activities for older adults to maintain their health for body and brain. Assisted living in hometown so they can stay living in their own community where their friends are. 				

Appendix A.3 - State Plan on Aging Survey Results for Family Caregivers, Family Members, Non-Family Caregivers, or Other

34	Is there anything that you would like LTSS to understand about aging in South Dakota?	<ul style="list-style-type: none"> • As you know, it's important to make decisions about funding and services using a data-informed approach. I appreciate your intention with this survey. Please analyze how services can be delivered in a collaborative, streamlined way to address the underlying needs of older adults and caregivers. (i.e. Chronic disease outcomes will improve with Medicaid expansion, respite access, and streamlined nutrition strategy). • Being retired and in a fixed budget, the increase in property taxes has created additional financial stress. property taxes alone are \$500 per month for the house we have bought 40 years ago. Age and such low income restrictions for property tax relief are a joke. • Cannot forget about the aging members of society. They have a lot to offer and should be given opportunities to keep growing, learning and contributing to society. • It feels that COVID was a huge setback for my mom. When she had to stay home, she has just continued staying home and doesn't get as much social stimulation as would help her. I would love a day program because if she could go for 4 hours and eat a meal with others I think it would give her something to look forward to. It is a huge responsibility when you as the caregiver are person's whole world. • Resources are not widely known and aren't easy to access in smaller communities. • Since starting this survey I realized that if you don't live in town so many of these services do not apply. • There is not enough help with the Alzheimer's Journey. • We need more readily available information, especially from the healthcare field when given a diagnosis of Alzheimer's or dementia.
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