

## **Borough of Glen Rock - 2022 Senior Survey Written Analysis**

We are pleased to present the results of the Senior Survey of the Borough of Glen Rock, New Jersey.

The survey was conducted from March 2022 through December 2022; 499 Glen Rock residents aged 55 and older responded to the survey.

The opinions included in this survey represent the voices of residents, 79 percent of which have lived in Glen Rock for more than 25 years. Of those, 70% have lived in their current residence for 35 years or more. The survey tells us that the majority of people who have come to Glen Rock would like to remain in Glen Rock and age at home.

Respondents ranked safe, walkable neighborhoods, housing, medical, and access to shopping as their top Quality of Life issues.

75.45 % of respondents stated that Glen Rock is a good to excellent place to live as they age. 55.36% of respondents have already taken steps to remain or remain in place in Glen Rock, 44.65% of respondents see themselves moving to a different community.

While cost remains a significant factor for those planning to remain in Glen Rock, access to services and the ability to live independently in a smaller footprint home are also key concerns.

The primary factors driving respondents who want to leave Glen Rock include living in an area with a lower cost of living, concerns about personal safety and security, walkable access to shopping and dining, or wanting to be closer to family.

The survey is broken down into four main areas:

- Housing
- Mobility
- Health and Wellness
- Social Interaction and Communication

### **HOUSING**

Our residents want to remain in their homes as they age. In fact, 93% of respondents consider it very to extremely important to live independently in their homes as they age.

This theme is also reflected in 65.39% of respondents who are in favor of age restricted housing in Glen Rock.

There are some challenges to remaining in current residences; 50.29% of respondents either recognize the need for modifications to stay in their home or are not currently sure if that will be the case.

Please refer to Attachment 1 for a visual summary of this data.

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### **MOBILITY**

Mobility concerns relate to sidewalk conditions, street lighting, pedestrian crossings, and traffic enforcement.

The majority of respondents felt Glen Rock properties and public spaces were well-maintained, but a lack of affordable, accessible housing was a concern as well as accommodations in public buildings and spaces such as benches and restrooms.

Driving and walking are the two main modes of transportation for respondents. While many people use NJ Transit options on an as needed basis, other modes of publicly provided local transportation are underutilized. For example, while 87.32% know about the Glen Rock Shuttle, 94.47% have never used it.

Desired changes in transportation options include extended shuttle hours, and a shuttle that runs a regular route around town. We can infer from resident responses that more education is needed around public transportation options and discounts available for seniors.

Please refer to Attachment 2 for a visual summary of this data.

### **HEALTH AND WELLNESS**

With 75.32% of respondents getting at least 30 minutes of physical activity 4 or more days of the week, it seems our senior population in Glen Rock is quite active. 94.45% of respondents do not think there are enough exercise programs for seniors with the most desired classes being gentle exercise, yoga, and Tai Chi. At least 29% would be interested in classes offered in the evening.

8.56% of respondents have some difficulty shopping for their own groceries. 3.54% need someone to transport them to the grocery store and 3.28% have some difficulty preparing meals.

While the majority of respondents do not require help with daily activities such as dressing and bathing, of those who need assistance, 18% have no one to provide this assistance.

Answers to questions about the availability of local health services and programming made clear that the majority of respondents are not aware of programming available in our area.

Please refer to Attachment 3 for a visual summary of this data.

### **SOCIAL INTERACTION AND COMMUNICATION**

While Glen Rock is a very socially active town, 5.74% of respondents only have outside social contact every 2-3 weeks or less. 20% sometimes feel left out, isolated from others, or lack

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companionship. 5.85% of respondents do not have family or friends to whom they can reach out day or night and 12.77% of respondents know of a senior who is isolated, homebound, or could use assistance.

75.67% of respondents participate in some kind of continuing education or self-improvement classes or workshops with the top four resources being the Glen Rock Public Library, online programs, faith communities, and the Glen Rock Department of Parks and Recreation. Many respondents (57.94%) are involved in a club, community or religious organization, or senior group.

For those not participating in Glen Rock senior programming, the top reason was not being aware of the programs and schedules followed by lack of interest in available programs. Almost 40% of respondents indicated they would be interested in more intergenerational activities in Glen Rock and 35% expressed interest in a group to organize social events for seniors in town.

Where do the respondents get their information? 64.60% get their information from the Borough e-notices, 51.03% from the Borough Website, and 56.34% from friends and family, although 99% of respondents have a computer and 95% use a digital device once a day or more.

Please refer to Attachment 4 for a visual summary of this data.

### **OPEN RESPONSE QUESTIONS**

For two of the questions with write-in responses, we have created a “word cloud”. What is a word cloud? It is a computer-generated collection of key words taken from the actual responses. The larger the word in the picture of words, the more times that word appeared in the responses. This is a good way to include all the responses from residents in an easy to digest format.

Please see Attachments 5 and 6.

### **SURVEY FOLLOW UPS**

- ❖ Based on the Survey responses, we see that there are number of items (information and services) that are unknown to quite a few residents. Outlined below is some of that information.
  - Senior Newsletter – There is a senior newsletter called the Perennial that is published on a quarterly basis (March 1, June 1, September 1, and December 1). The Perennial is posted on the Borough’s website and physical copies are delivered to locations around town. To find the Perennial on the Borough’s website (glenrocknj.net), go to the RESIDENTS tab, then SENIOR SERVICES tab,

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and then the SENIOR NEWSLETTERS tab. Physical copies can be found at: the Library, Kilroy's, houses of worship, Glen Courts, Blue Foundry, and Rock Ridge Pharmacy. This newsletter is packed with information concerning activities, articles about happenings around the Borough, and data relevant for seniors. Back issues are archived on the Borough website and available to all residents.

- The Glen Rockin' Seniors meet at the Annex on Tuesdays and Thursdays. Information regarding the programs can be found on the Borough website or by calling the Administration Office (201-670-3956).
  - The Borough sponsors bus trips for seniors. The list of trips can be found on the Borough website or by calling the Administration Office (201-670-3956).
  - A residents in need of assistance list is maintained for those who may need help in the event of an emergency (storm, flood, etc.). Residents may contact the Administration Office (201-670-3956) at Borough Hall if they would like to be added to the list.
  - A Walkers Program was started by the Borough in 2022. It was paused for the winter months but will be resuming on April 2, 2023. The Walkers meet at Saddle River County Park at the Glen Rock entrance at 12 noon on Sundays. All are welcome to join. The walk is about an hour long.
- ❖ The Senior Citizen Advisory Committee (SCAC) will be reviewing the survey results and making recommendations for next steps. The SCAC generally meets on the second Tuesday of each month at 1:30 pm. The July meeting will be at 7:30 pm via Zoom and there is no August meeting. Members of the public are welcome at the meeting and are welcome to participate in the discussions regarding recommendations in response to the survey.