

**PROFILE OF SENIOR ADULTS IN
SCOTT COUNTY**

**A SUPPLEMENT TO
“SCOTT COUNTY AS A COMMUNITY”**

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Introduction

The following profile was compiled as part of an assessment process to identify the needs and assets of the senior adult population in Scott County. The first goal of this profile is to provide information through a comparison of the Scott County senior population to the seniors in the state of Iowa and the Nation. The second goal is to identify the availability of resources in the community that are beneficial to the seniors in Scott County.

For the purpose of this document the senior population in Scott County is specifically defined as those individuals age 65 years and older.



This report establishes a baseline of information that can be updated and used to educate the community, initiate programs, improve services, or increase the utilization of current services. Statistical and descriptive data were gathered from several categories including demographics, economics, health and social services, transportation, housing, education, and recreation.

The data used in this report was the the most current for this population group. Statistics from the 2000 census pertaining to senior citizens were not available when this report was prepared.

In 2001, the state of Iowa ranked second out of all the states in percentage of residents over the age of 85 with 2.2%.

Table 3. Total number of persons age 85 and over, the percentage of the total population, and the percentage of the age 65 and over population in 1998.

	>85 Population	% of Total Population	% of >65 Population
Scott County	2,211	1.4	12.0
Iowa	63,839	2.2	14.8
United States	4,239,000	1.6	12.1

2. Racial Analysis:

Scott County and Iowa maintain a predominantly white senior population, which is quite different than the national distribution.

Table 3. Race and distribution of the residents 65 and over in Scott County, Iowa, and the United States in 1998.

	Scott County	Iowa	United States
White	97.6%	98.6%	83.5%
Black	2.0%	0.9%	8.1%
American Indian, Asian/Pacific Islander	0.4%	0.5%	8.4%

3. Socio-Cultural-Demographic Features:

In 1990, the 65 and over population in Scott County had a poverty rate of 8.4%. The poverty rate for senior adults is likely to be related to the income distribution and the percentage of income allocated for housing.

A majority of the aging population in Scott County remains at the lower end of the income scale. In Scott County, 64.5% of the elderly households make less than \$25,000 per year. In Iowa, 71.6% make less than \$25,000 per year according to the 1990 census. The distribution for the nation is much more evenly disbursed with 34% making less than \$25,000 per year.

Table 4. Income distribution of the population 65 and over in Scott County and Iowa in 1990.

Yearly Income	Scott County	Iowa
<\$10,000	22.9%	30.0%
\$10-14,999	16.3%	17.5%
\$15-24,999	25.3%	24.1%
\$25-34,999	14.1%	12.9%
\$35-49,999	9.5%	8.6%
\$50-74,999	6.4%	4.5%
\$75,000+	2.8%	2.2%

Scott County residents are also paying high percentages of their income to housing. In Scott County, 43.0% of the aging population pays more than 35% of their income to housing costs while 35.4% of the aging population in Iowa pay that much. This problem is evident in the nation as well as with seniors in the lowest income bracket. These persons pay 36.0% or more of their total income towards their housing.

Table 5. Percentage of income allocated to housing by residents 65 and over in Scott County and Iowa 1990.

The poverty rates and the distribution of income for seniors may also explain the number

Percentage of Income	Scott County	Iowa
<20%	16.7%	20.4%
20-24%	9.9%	15.0%
25-29%	20.6%	19.3%
30-34%	9.8%	10.8%
>35%	43.0%	34.5%

of citizens over age 65 that remain in the workforce. There are many reasons for people to keep working past the age of 65, but most of the time it is because of financial need. There is no age specific data for Scott County but, 57,000 Iowans over 65 were in the

workforce in 1997. In the United States, there were approximately 4 million senior adults in the workforce in 1999. This amounts to 14.3% of the senior adult population in Iowa and 12% of the seniors in the United States remaining in the workforce after retirement age.

4. Health Insurance Coverage



There is no age specific data available about insurance coverage for senior adults in Scott County. In 1998, 1.1% of Iowans age 65 and over were found not to have any health insurance coverage. In 1999, 1.9% of the senior adult population of the United States did not have health insurance.

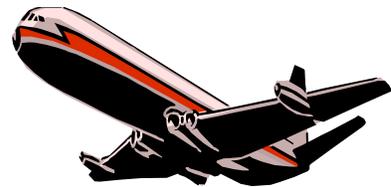
Even with health insurance, health care is costing senior adults a lot of money. In Iowa in 1998, 2.4% of seniors said cost was a barrier for receiving health care. In the United States about 5.5% said cost was preventing them from receiving the health care they needed. Another 2.3% of those 65 and over in the United States said they continuously had difficulty obtaining health care.

The senior adult population pays more for health care than any other age group. There is no data for Scott County or Iowa, but in the United States the average annual expenditure on health care for a person

over 65 was \$6,000-\$10,000, while for someone over age 85 the average annual expenditure was \$16,500. The rising costs of health care are posing a great risk for the senior population

5. Migration of Population

In 1997, Scott County and Iowa experienced quite different



migration patterns of senior adults. Scott County was one of few counties in Iowa that had more seniors moving into the county than out of it. Iowa experienced a loss of over 4,000 senior adults who moved out of the state. The following table shows the migration patterns of senior adults in Scott County and in Iowa.

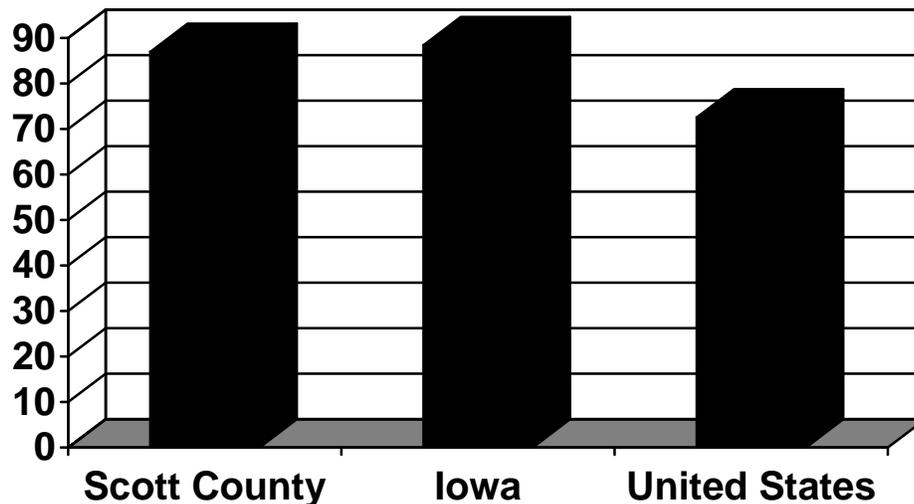
Table 6. Migration of the 65 and over population in Scott County and Iowa in 1997.

	Scott County	Iowa
Moved within the county	2,081	59,126
Moved from another county	659	16,640
Moved to another Iowa county	230	16,640
Moved from another state	665	10,094
Moved to another state	981	14,205
Total to Scott County/Iowa	1,324	26,374
Total out of Scott County/Iowa	1,211	30,845
Net gain/loss	+113	-4471

6. Registered Voters:

In 1998, Scott County had 16,007 registered voters who were over the age of 65. In the 1998 election, Scott County had 74.3% of the over 65 population vote while Iowa had 73%. Overall in the U.S., 63.3% of the 65-74 age group voted and 54.8% of the citizens age 75 and over voted in the 1998 election.

Percentage of the population age 65 and over that are registered voters



Seniors with dementia-related conditions require specialized housing and nursing care. There are several facilities in Scott County that can care for seniors with these conditions. Many of the assisted living facilities are also equipped for specialized care for persons with Alzheimer's or other dementia-related illnesses.



TRANSPORTATION

Private

According to a 1997 Community Transportation Randomized Survey of the nation done by the American Association of Retired Persons, 73% of the older persons surveyed drive a motor vehicle. In 1998, the total number of drivers in Scott County was 111,119 with 14,552 (13%) of



these
drivers
age 65

and older. The senior adult population does not have any special requirements in order to obtain a driver's license, however, after age 70 they are required to renew their license every two years instead of every four years.

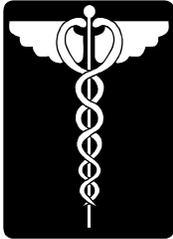
Transit

Great River Bend Services, Inc. is a private not-for-profit organization located in Davenport. They provide transit assistance for the public with an emphasis on the senior adults and handicapped persons within Scott County under contracts with the Cities of Bettendorf and Davenport. In 2000, 27% of the riders who used this service were seniors.

Seniors can also access other services that provide local and/or out of town trips. Rides home, to appointments, activities, and care centers can be provided by services such as Candlelight In-Home Companion and Medic Emergency Medical Services shuttle service. Fees for these services can vary and reservations should be made as far in advance as possible.

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HEALTH
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1. Health Care



The senior population shares all of the access to care issues that are found in the population at large. One barrier to access to care is that there is a lack of coordination and communication among services. Clients are required to spend a lot of time repeating information as they access services, even when there has been a referral made from one service to another. Another gap is that the customers do not drive the service delivery system. Clients are unable to access services because of their location or hours of operation. Many times clients have a lengthy wait when scheduling appointments.

The accessibility of transportation can also be a problem. The senior adult population in Scott County has to get to health-care sites to access their services. A particular concern is transportation, especially for senior adults living in the rural areas of the county. There are quite a few transportation services for seniors but many in rural areas do not have access to them. The few transportation agencies that will ser-

vice the rural areas cost much more and there is no access to public bus transportation.

Lack of information about services is also a barrier to accessing services. Information is available through the United Way's InfoLink Community Information Connection, the Scott County Medical Society, Genesis On Call, and Trinity Health Touch. As with any information, there is concern about how well known these resources are to the community. There is also minimal training for service providers on what services exist within the community.

2. Disability and Safety Services



According to the 1990 Census, 4,604 residents 65 and over in Scott County have some mobility or self care limitation. This is approximately 26.5% of the senior adult population. The same is true for Iowa. In the 1998 Behavioral Risk Factor Surveillance System (BRFSS), 26.0% of Iowans over 65 said they were physically limited and required at least some assistance from others for routine needs.

The senior adult population does have access to businesses and services that help assure their safety and well-being. There are several stores in Scott County that supply safety equipment like wheelchairs and walking aids for those with physical limitations. There are also services that can help protect them from injuries in situations where they cannot get to a phone.

One example of a safety option is Genesis Lifeline, an emergency alert system, is the only one of its kind in Scott County. The device is worn around the neck and when the person needs help they push the button. In 90 seconds, the signal gets to Genesis Medical Center and the device becomes an intercom system. If the person does not respond, Genesis Medical Center calls a responder. Each system user identifies one to three responders such as a neighbor, relative, or pastor who can be at the home within 3-4 minutes. If no one is reached it becomes a 911 call.

Another example of a security device available is for senior adults with Alzheimer's disease. The Alzheimer's Association has safe-return bracelets. These bracelets have an 800 number on them so if the person gets lost, whoever finds them can call, and the person can be returned home safely.

In the case of a disability or handicap, the Handicapped Development Center offers a variety of programs including developmental services, a residential center, a supported community living program, a group home program, respite services, and vocational services. Personal assistant management training offers in-home, consumer directed services that enable a person with a disability to live in the community of their choice. These services are specific to those with disabilities and there are no age restrictions.

3. Chronic Disease

Chronic disease is a problem in the United States. It is also a problem at the state and the county level. Scott County and the state of Iowa actually compare quite closely to the nation in crude death rates from certain chronic diseases. There are a few findings at the County and State level about chronic disease that stand out including differences among racial populations.



Because Iowa's over 65 population is predominantly white, most of the deaths in the senior population are occurring in the white population. In Scott County, in 1998, all deaths in the over 65 population due to colorectal and cervical cancer were in the white population. Almost all deaths from

breast cancer and cirrhosis were also in the white population.

An interesting finding is that the black population, although far smaller than the white population, produces the highest percentage of premature deaths (<65 years of age). In Scott County, in 1999, 28.5% of the heart disease deaths that occurred in black adults occurred in those under the age of 65. In Iowa the percentage is quite similar, with 29.1% of the heart disease deaths happening prematurely in the black population.



The risk for cerebrovascular disease increases drastically with age. While risk for most diseases increase with age, statistics show that cerebrovascular disease risk increases 4-6 times depending on gender. In Scott County, less than 8.0% of the deaths from cerebrovascular disease occurred before age 65. For Iowa it was less than 7.0%. This point is illustrated in the nation as well with 24,944 deaths for people age 65-74 and 115,422 deaths for those over age 75. Women, who usually live longer than men, naturally have a greater risk of developing the disease.

Table 8. Crude death rates from selected chronic diseases per 1,000 residents age 65 and over (1998).

	Scott County	Iowa	United States
Heart Disease	17.4	15.8	18.3
Cerebrovascular Disease	5.9	5.0	4.3
Cirrhosis	0.2	0.3	0.3
Breast Cancer	1.6	1.4	0.94
Lung Cancer	3.0	2.9	3.1
Colorectal Cancer	1.1	1.4	0.98
Prostate Cancer	0.9	1.0	0.98

Table 9. Total deaths from specific chronic diseases in Scott County and the number and percentage that affected the 65 and over population in 1998.

	Total Deaths	Deaths in >65 population	Percentage > 65
Heart Disease	380	321	84.5%
Cerebrovascular Disease	118	109	92.4%
Cirrhosis of the Liver	7	4	57.1%
Breast Cancer	25	18	72.0%
Lung Cancer	79	55	69.6%
Colorectal Cancer	25	21	84.0%
Cervical Cancer	3	1	33.3%
Prostate Cancer	16	16	100%

4. Hospitalization Rate

Diabetes



The 1998 hospitalization rate for diabetes in Scott County was 5,112 per 100,000 people over 65. In the state of Iowa the 1998 rate was 5,988 per 100,000. From 1998 to 1999, the number of actual hospitalizations in Scott County rose from 942 to 1,165 while the hospitalizations in Iowa decreased from 25,810 to 24,329.

Asthma



The hospitalization rate for asthma in Scott County in 1999 was 627.9 per 100,000 residents over 65. For the state of Iowa the rate was 965.3 per 100,000 residents over the age of 65. The total number of hospitalizations of adults over 65 in Scott

County was 116. In Iowa it was 4136. Respiratory diseases remain one of the leading causes of death in Scott County and in Iowa.

Psychoses



Psychosis is a broad term that is defined as a serious mental impairment. In all populations psychosis can be many things but it is a category that includes Alzheimer's disease. In Scott County there were 525 seniors hospitalized in 1999. This translates to a rate of 2,842.0 per 100,000 senior adults in the population. In Iowa 13,850 seniors were hospitalized and the hospitalization rate was 3,232.3 per 100,000 seniors in the population.

5. Underlying problems related to chronic disease:

The risk factors that lead to chronic diseases are things like smoking, obesity, poor dietary habits, leading a sedentary lifestyle, and not having regular check-ups with physicians. The following information on risks related to chronic disease is “self-reported data” from the 1997-98 Behavioral Risk Factor Surveillance Survey (BRFSS).

There is no age specific data on smoking for the county but 24.5% of the adult population in Scott County smoked in 1998. Approximately 8.1% of adults 65 and over smoke cigarettes in Iowa. This statistic also does not take into account the number of adults who smoked throughout their lives and eventually quit. People reduce their risk when they quit smoking, but their chances of illness are still higher than those who have never smoked.

Obesity has become a major problem throughout the United States. In the nation 39.5% of the 65 and over population were overweight in 1998. In Iowa approximately 41.3% of males and 41.5% of females age 65 and over are overweight.

There is no age specific Scott County data on sedentary lifestyle, but according to self reported data, the state of Iowa has a large senior population that lead a sedentary lifestyle. In 1998, 52.1% of males and 62.2% of females ages 65-74 report they lead a sedentary lifestyle. Also, 60.9 % of males and 75.9% of females ages 75 and over report they lead a sedentary lifestyle. These rates are much higher than the national rate of 28% of men and 44% of women age 65 and over reporting a sedentary lifestyle.

Eating a balanced diet and consuming certain foods has shown to improve people’s chances of warding off some chronic diseases. There is no age specific data in Scott County but in Iowa, in 1998, 27.3% of people age 65 and over reported that they met the five a day standard for fruits and vegetables. The 65 and over population in Iowa represents the highest proportion of people in Iowa that meet the five a day standard. Proper diets also seem to be a problem in the nation with 79% of seniors above poverty and 87% of seniors below poverty reporting that they either need improvement on their diets or that they have poor diets.

Self-checks for irregularities in breast, skin, or genitalia are important to detect diseases and illness at early onset. Early detection is very important when trying to prevent the advancement of a disease. It is recommended that women get a mammogram every two years. There is no age specific data for Scott County but only 44.6 % of the overall female

population had a mammogram within the last two years. In Iowa 70.8% of women 65 and over have had a mammogram in the last two years, and 14.4% have never had one in their lives. In the nation, in 1994, only 55% of women 65 and over have had a mammogram within the last two years.

Even though chronic disease is a problem in Iowa and the nation, Iowans still feel that they are healthy. In 1998, a survey found that 82% of senior adults in Iowa rate their health as good to excellent. This is substantially better than the nation with 72.2% of men and 72.4% of women, in the total population of senior adults ranking their health good to excellent. Even though Iowans are feeling healthy, the risk factors that are associated with chronic disease are quite prevalent throughout the state of Iowa.



SPECIALTY HEALTH CARE RESOURCES AND SOCIAL SERVICES



1. Health Care Clinics and Programs

Throughout the area there are many health care facilities. Some of these clinics and programs are geared, but not limited to, the senior adult population.



There are thirteen long-term care facilities located throughout the metropolitan areas in Scott County. Long term facilities have skilled and intermediate nursing care, medical care, physical therapy, rehabilitation, Alzheimer's care units, and assisted living in Scott County. With the growing number of senior adults over the age of 85, long-term care facilities are becoming more and more important.

Home health care is an important area in the health care field. It allows people to remain at home, yet still receive medical care services. Scott County has the advantage of twelve agencies that provide home health care. Two are private, non-profit organizations located in Davenport. Home health care is provided to persons in need who have an order from a physician. All levels of care, from homemaker to registered nurses, provide a range of services.

There are currently ten for-profit home health care agencies in Scott County. These private home health care agencies provide various types of care. Hours and costs of services vary with each agency.

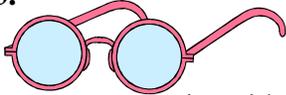
2. Pharmaceutical Providers/Resources



Paying for prescriptions can often cause economic hardship for some seniors.

Some prescription assistance and/or delivery services are available in Scott County. Prescription deliveries in the Quad City area are available through Main at Locust Pharmacy, Medicine Shoppe, and Genesis Pharmacy. Crisis Resource Intervention and United Neighbors Incorporated are two agencies located in Davenport that provide assistance with prescriptions. There are no fees for services but clients need to provide a social security card, driver's license, and income verification to receive assistance. The General Assistance Program is also located in Davenport and provides assistance in emergency situations with basic needs such as shelter, food, utilities, medical and dental care. Participation requires active employment search, participation in work program, or agreement for repayment when appropriate.

3. Vision/Hearing Care



Vision and hearing care assistance for obtaining eyeglasses and hearing aides are available through local organizations. The Davenport Host Lions Club provides services and assistance to Davenport residents ineligible for state and federal assistance. Glasses and used hearing aides can be provided. For blind persons, help in obtaining seeing eye dogs, Braille typewriters and cornea transplants are provided. The Eye-glass Program through the Salvation Army and Churches United is available to Scott County residents. The program provides an eye exam, lenses, and frames to those without means to pay for them. There are no fees, but identification is required and a waiting list does exist. Other organizations providing assistance include The Seeing Eye, Pilot Dogs, Inc., Leader Dogs for the Blind, and Guiding Eyes for the Blind.



4. Social Services

Scott County has a wide variety of support services available to senior adults. There are many support groups for those with illnesses such as Alzheimer's, cancer, or diabetes. There is a grief/loss support group. These groups are designed to help people cope with their illness or the illness or death of a loved one. These support groups can be located through InfoLink, health care organizations, and agencies that focus on services for senior adults.



Genesis Medical Center offers the Silver Service Program. This program is a free service for individuals over the age of 50. Members receive discounts for various services and information. Some of the services include health fairs, lunches, dances and other recreational activities.

The Great River Bend Area Agency on Aging works to provide seniors access to needed services. This organization was established after the Older American's Act was enacted in Congress in 1965, with the goal to coordinate community-based programs for senior adults. This agency supports a wide range of programs designed to assist senior adults in housing, health services, nutrition, and job opportunities. The programs are either directly managed by the Agency or funded by the Agency and managed by local service providers. Programs include: adult day care, case management, home repair, transportation, legal assistance, and respite. A resource for senior adults is the Care Management System through the Great River Bend Area Agency on Aging. The Care Management System is a case management project for frail seniors. The program provides a variety of services and employment opportunities. The Care Management System assists Iowans at least 60 years of age with identifying and securing services that allow them to remain in their own home. The Title XIX Elderly Waiver program is also available through the Department of Human Services. It serves those ages 65 or above who meet medical, income, and resource guidelines.

The Center for Active Seniors Inc. (CASI) is another area organization that provides services to the senior adult population of Scott County. Services include transportation, nutrition/activity programs, senior adult day care, social service counseling, and information and referral services. Chore service is available to assist senior adults with some household chores. These include lawn mowing, snow shoveling, and minor home repair. There is a sliding fee scale for this service.

The Senior Voice Organization advocates for seniors and offers resource information to the senior adult population. The mission of this organization is to assist in sharing the concerns and needs of senior adults through monthly community and neighborhood forums. This is a volunteer organization consisting of individuals from the community representing agencies that have pooled their business, technical, and professional skills to advocate for seniors.



Affording and preparing meals can cause difficulties for some seniors. There are approximately 17 meal sites located throughout the county. These sites provide meals to the senior population on a scheduled basis on certain days of the week. A nutritionist is involved in the planning of these meals. This program is coordinated by the Great River Bend Area Agency on Aging. Meal delivery is also available through three organizations to the homes of senior adults living both within city limits and in the rural areas.

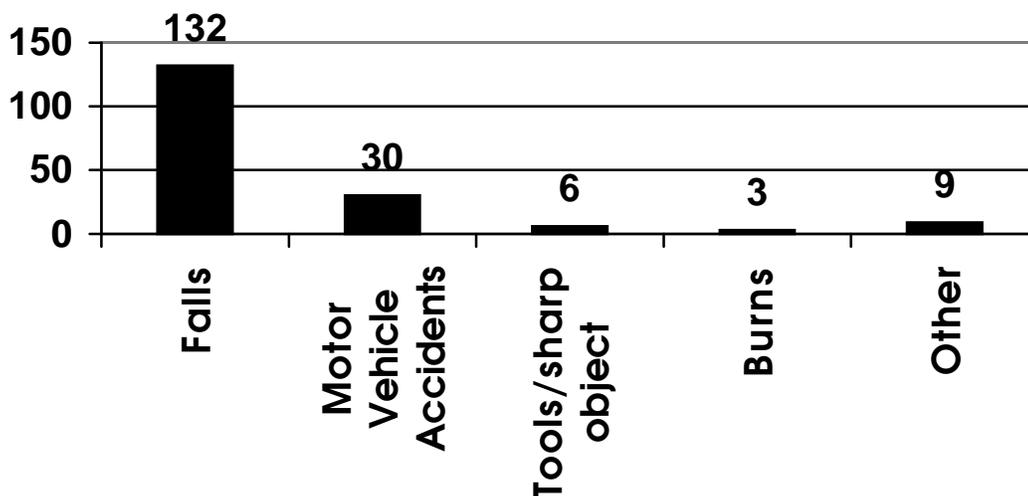
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INJURY CONTROL AND VIOLENCE
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1. Unintentional Injury

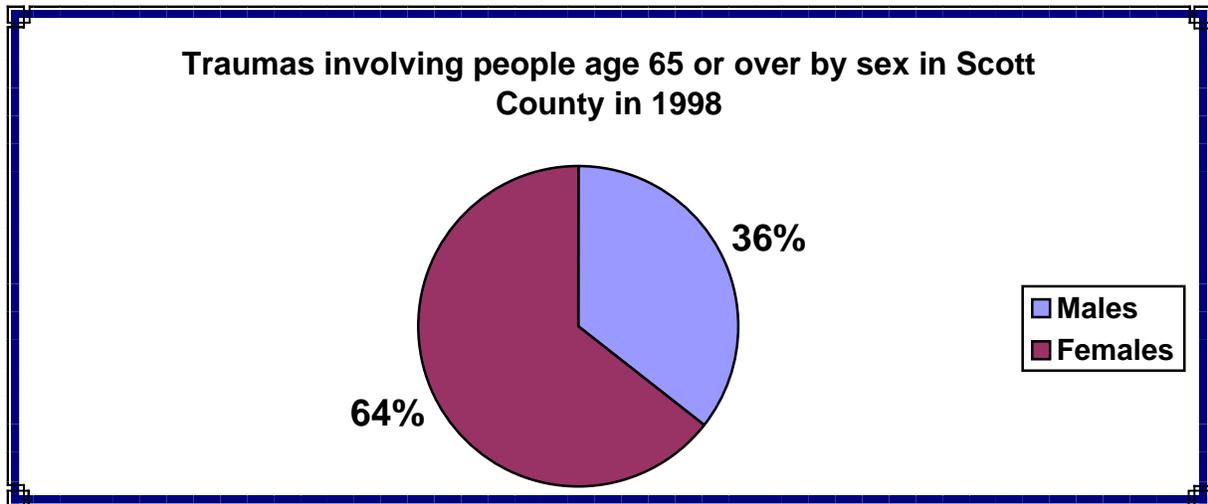
During the period of January 1, 1998 through December 31, 1998, there were approximately 180 trauma cases in the 65 and over population in Scott County. This number does not include anyone who came to the emergency room for a broken hip.

There were a total of 132 falls in the over 65 population, a majority (72%) were women. Slipping or tripping represented most falls, but other falls resulted from stairs, wheelchairs, ladders, chairs, and other unspecified sources.

Types of Trauma that involved people age 65 and over in 1998

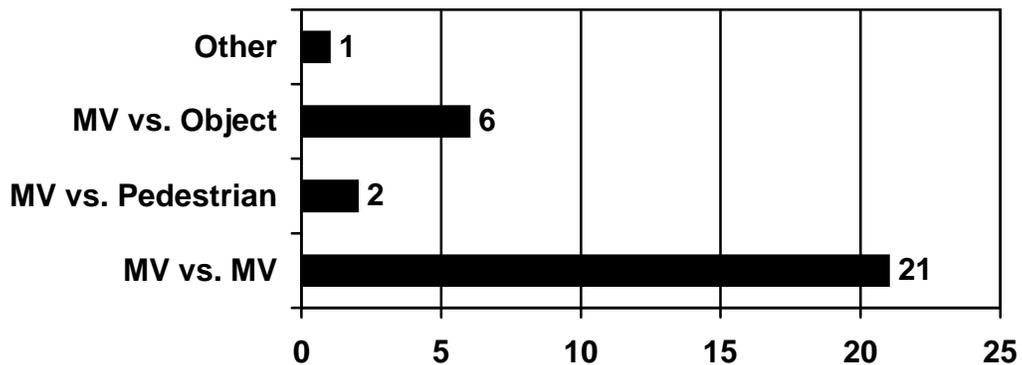


There were thirty traumas due to motor vehicle accidents that involved people 65 years of age or older. Also, in 1998 there were four deaths of senior adults from motor vehicle accidents in Scott County and 115 in Iowa. This represents about one-fourth of all fatalities from motor vehicle accidents in the County and the State.



There were six people in the 65 and over population that were injured because they were not using some form of safety/protective equipment (Protective equipment includes safety belts, air bags, helmets, protective clothing, or a combination of those) at the time of the accident. Of these six people, five were female.

Motor Vehicle Traumas (MV) involving people age 65 and over in Scott County in 1998.



2. Criminal Victimization

There were a total of 445 crimes against Scott County residents age 65 and over, and 6,283 against Iowa residents 65 and over in 1999. In Scott County, 12 were violent crimes while in Iowa there were 92 violent crimes against the senior population. A violent crime is defined as a murder, rape, robbery, or aggravated assault. In the United States, in 1998, the rate was 3.0 per 1,000 violent crimes involving victims age 65 and over.

Table 10. Victims age 65 and over of violent crimes in Scott County and in Iowa in 1999.

	Scott County	Iowa
Murder	0	3
Rape	0	1
Robbery	8	42
Aggravated Assault	4	46
Total	12	92

Table 11. Victims age 65 and over of property crimes in Scott County and in Iowa in 1999.

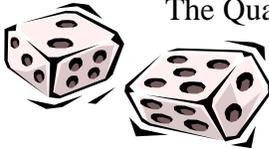
	Scott County	Iowa
Burglary	89	1,119
Larceny	178	2,379
Motor Vehicle Theft	14	195
Total	281	3,693

3. Suicide

During 1998 there were a total of 21 suicides in Scott County and 328 in Iowa. Of these cases, four of the twenty-one (19%) in the County and 63 of the 328 (19.2%) in Iowa were people in the 65 and over population. In the United States, there were 5,728 suicides in the senior population in 1997.

GAMBLING AND OTHER ADDICTIONS

1. Gambling



The Quad Cities area has three full-scale casino gambling operations

(riverboats). Two are located in Scott County. Few places in the country have that high of a concentration of gambling facilities. The director for the Eastern Iowa Center for Problem Gambling, Inc. says that the only areas more concentrated are Las Vegas, Nevada, Atlantic City, New Jersey, and Biloxi, Mississippi. Research has found the majority of people who visit the casinos live within a 50 mile radius of the facility and the marketing is directed locally.

When the gambling boats first arrived in 1991, the Eastern Iowa Center for Problem Gambling saw 30 to 40 people each year. Now, four additional counselors have been hired for a total of five and the center sees 500 people a year, 300 of which are from Iowa. Despite the stereotype that most senior adults enjoy gambling, few actually have a problem. There is no Scott County age specific data but in Iowa in

1998, only 12% of people age 65-74 and 4.8% of those 75+ visited a casino in the last twelve months. According to the 1997-98 BRFSS only 0.4% of Iowa residents over age 55 say gambling has led to problems. In the nation, approximately 5% of gambling seniors are compulsive gamblers.



2. Alcohol

Alcohol addiction also represents a major problem in this country. It affects people of all races and ages in some way. In Scott County, in 1999, there were 53 adults 65 and over who were hospitalized for Alcohol Dependence Syndrome. This is equivalent to a rate of 286.9 per 100,000 seniors in the population. Iowa had a total of 807 adults 65 and over hospitalized for Alcohol Dependence Syndrome, which comes to a rate of 188.3 per 100,000 seniors in the population. It is also important to note that these numbers only represent reported cases, and most people with addictions do not seek help. Statistics on gambling and substance abuse are likely to be much higher than what is reported.



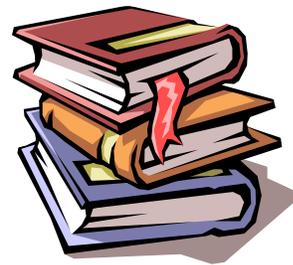
EDUCATION

The educational opportunities for the elderly within Scott County are varied. Several different levels of educational resources are available. Scott County's two universities and four college/technical schools offer structured adult education ranging from special interest workshops to post secondary school course work. Local church, civic, and health organizations also provide informal educational material and meetings.

A variety of community organizations provide the greatest amount of educational opportunities for senior adults in Scott County. The Great River Bend Area Agency on Aging works with the community and government organizations to administer a wide range of education to adults over 60 years of age. The Agency provides educational materials and workshops regarding legal issues, health insurance, medication, job opportunities, nutrition, legislation, volunteer programs and available community services. The Center for Active Seniors (CASI) provides health care educa-

tion and counseling to Scott County residents who are 55 years of age or older. The Davenport Community School District offers community education programs in computers, language, dance, finance, art, exercise, disease and health. Medical facilities such as Genesis Medical Center and Trinity Medical Center offer periodic educational sessions on disease processes as well as health improvement and maintenance.

Educational opportunities for senior adults in Scott County can be difficult to locate. The best ways to find out are through advertisement and printed materials, or calling the schools or agencies. There is little financial assistance and limited class location so some senior adults in rural communities may not have as much access.





RECREATION



There are plenty of recreational opportunities and facilities available to all Scott County residents. Many of these recreational activities afford senior citizens discounts. Some of the area golf courses and cinemas offer a



reduced rate to those over age 65. The senior population in Scott County does have some specific recreational opportunities available through the Plus 60 Club and CASI. The Plus 60 club has year round activities for its members that provide a social setting for seniors to interact. They



have overseas travel opportunities, multi-day trips, local day trips, along with seminars and classes at local colleges.

The Center for Active Seniors Inc. (CASI) provides adult day care services, day trips, transportation, exercise programs, some meals, and an opportunity to develop personal relationships

with others. Both the Plus 60 Club and CASI require fees for membership.

The Area Agency on Aging also has recreational opportunities for seniors who use their services. These are not structured activities. They range from playing bingo and cards to doing arts and crafts. It depends on what the group of people would like to do.

The Scott County YMCA has many opportunities for physical activity for area residents. There are several aquatic fitness courses designed to help arthritis patients. There are also a variety of other activities to improve physical fitness.

Many recreational opportunities are not readily advertised and it is often necessary to call local organizations and ask about available services.

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