



**Final Progress Report
April 8, 2013**

Project Title: How do older adults decide to move to a CCRC and what contributes to satisfaction with the decision?

Project period: April 2010-April 2013

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Summary

This report describes a study funded by the Institute for Optimal Aging of new CCRC Residents (N = 52) compared to individuals who had inquired about but decided not to move to a CCRC (Non-Residents; N = 49). Aims were to examine: a) variables associated with the decision to move to a CCRC; and b) subsequent satisfaction with residence and well-being one year later. Participants completed a baseline interview that assessed demographics, health, cognitive functioning, social functioning, CCRC-related variables, well-being, and satisfaction with residence. Twelve months later, participants completed a follow-up interview to assess satisfaction with residence and well-being. At baseline, CCRC Residents had more positive attitudes about CCRCs, more positive well-being, and lower perceived control over social relations. CCRC Residents identified services available at the CCRC as the most common "main reason" for moving. One year later, CCRC Residents were more satisfied with their residence and had more positive well-being.

Specific Aims:

Examine individual, social, and cultural variables associated with:

- 1) the decision to relocate to a CCRC, comparing new CCRC residents (i.e., less than 3 months) to community-dwelling older adults who inquired about moving to a CCRC; and
- 2) subsequent satisfaction and well-being associated with living arrangement (CCRC or community) 12 months later.

Background:

Past research suggests people move to CCRC for several reasons, including deteriorating health, anticipation of future health care needs, and social needs, such as low social contact (Cheek, Ballantyne, Byers, & Quan, 2007; Graham & Tuffin, 2004; Groger & Kinney, 2006; Hays, Galanos, Palmer, McQuoid, & Flint, 2001; Krout, Moen, Holmes, Oggins, & Bowen, 2002; Maloney, Finn, Bloom, & Andresen, 1996; Sheehan & Karasik, 1995). Most studies were not longitudinal and did not examine important outcomes of satisfaction with living arrangement and well-being. This study uses a longitudinal design and focuses on these outcomes of satisfaction with living arrangement and well-being.

This study is based on diffusion of innovations (DOI), a theoretical framework that attempts to explain how people decide to use innovations (here, the innovation is CCRCs). DOI "refers to the spread of

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abstract ideas and concepts, technical information, and actual practices within a social system, where the spread denotes flow or movement from a source to an adopter, typically via communication and influence” (p. 297; Wejnert, 2002). DOI notes the strong influence of the social context, especially factors associated with how people receive information about an innovation. Prior research on CCRC decision-making has neglected these socio-cultural factors, although DOI suggests that communication about CCRCs provided in marketing, informal social networks, and broader culture should have a significant impact on decision-making and satisfaction. A person is thought to adopt an innovation more readily when the innovation is adopted and encouraged by sources who are credible, respected opinion leaders, similar, and interact frequently with the person. Therefore, based on DOI, this study focuses on the following factors thought to predict the decision to enter a CCRC:

- a) Individual: demographics, financial status, health status, attitudes about CCRCs, and sources of information about CCRCs; and,
- b) Social: social support, civic participation, proximity to amenities, and collectivism.

Methods:

Overview: This study employed a longitudinal design, in which new CCRC residents and non-residents completed interviews at baseline and 12 months later.

Participants: Participants were: a) 52 individuals who had moved into the independent living areas of the participating CCRCs; and b) 49 individuals who had inquired about moving into the same CCRCs but decided to remain in their own homes. Individuals were recruited by the CCRC associates who interact with prospective and new residents. These associates referred interested individuals to USF research personnel, who called each prospective participant to inform him or her about the study and complete the interviews.

Interview contents: Participants completed interviews about their demographic background, health status and well-being, social support, social context, living arrangement, and attitudes about CCRCs. They also were asked open-ended questions about main reasons they decided to move or not move to the CCRC. CCRC residents answered questions about services at CCRCs.

Interview procedures: This study was approved by the USF Institutional Review Board, the research ethics entity at USF. All interviews were completed by telephone. The interviewer made multiple attempts to contact each participant by telephone and involved the referring CCRC associate to assist when needed. Prior to the interview, the interviewer mailed or emailed response booklets to participants, to guide them through the interview. Participants received \$20 for each interview conducted.

Statistical analyses: Frequencies and descriptive statistics (e.g., means or averages) were computed for all variables. Chi-square and t-test analyses were conducted to compare CCRC Residents and Non-Residents on variables. Multiple regression (linear or logistic) analyses were conducted to examine variables associated with three outcomes: a) living arrangement at baseline (CCRC Resident versus Non-Resident); b) satisfaction with residence one year later; and c) well-being one year later. Variables were included in the regression analyses if they were associated with the outcome in independent analyses ($p \leq 0.05$).

Results:

Aim 1 (decision to move into a CCRC or not)

Baseline comparisons of CCRC Residents and Non-Residents

Table 1 displays demographic variables by living arrangement (CCRC Resident versus Non-Resident), and Table 2 displays other variables by living arrangement. The two groups were comparable on most variables. Slightly more than half of the participants were female, and the average age was 79 for CCRC Residents and 77 for Non-Residents. All participants had at least a high school education, most were married or living with a partner, were financially comfortable, were retired, and had no impairments in activities of daily living (ADL; e.g., dressing, bathing). CCRC Residents had an average of 3.67 chronic conditions, similar to 3.10 for Non-Residents. Overall, participants perceived good health and cognitive functioning, a high degree of control in various domains, and high number of significant relationships (average of 5.85 for CCRC Residents and 5.29 for Non-Residents). Baseline satisfaction with residence and well-being were relatively high.

The only differences by group were for education, ADLs, rating of current health, control over living environment, control over social relations, attitudes about CCRCs, and well-being. CCRC Residents were more likely to be high school or professional degree graduates, have one or more ADL impairment, have fewer intact ADLs, lower rating of current health, lower perceived control over living environment and social relations, have better attitudes about CCRCs, and have better well-being.

Variables associated with living arrangement

Table 3 presents the results of the multiple logistic regression of variables associated with living arrangement at baseline. This analysis compares CCRC Residents and Non-Residents at baseline to identify variables that may distinguish between people who recently decided to move to a CCRC or not. CCRC Residents held more positive attitudes about CCRCs, had greater well-being, and perceived lower control over social relations compared to Non-Residents.

To examine attitudes about CCRCs in greater depth, Figure 1 displays the percent of CCRC Residents and Non-Residents who agreed with each attitude. The majority of CCRC Residents agreed with all of the positive statements. The largest differences between Residents and Non-Residents were for the perception that CCRCs offer a variety of health services, CCRCs are right for me, and CCRCs offer a variety of social activities. Although still a minority, more Non-Residents believed CCRCs had no sense of privacy and loss of control.

Main reason for the decision to move to a CCRC

Table 4 provides CCRC Residents' main reason for moving to the CCRC in their own words. Codes were created to identify common themes across participants. Codes were as follows: services (14), health (10), decrease responsibilities (7), social support (7), security (6), caregiving (3), and other (5). The right column includes illustrative statements for each code.

Importance of CCRC services

Services offered were listed as the most common main reason for moving. Table 5 lists a variety of CCRC services. CCRC Residents were asked whether each service was offered, whether they paid extra for the service, how much the service affected their decision to move in, whether and how often they used the service now (after moving in), and how important the service is now.

The services endorsed by the largest percentage of residents as making them “a lot more likely to move” were: special resident facility for people who need nursing care offered (60.8%), on-site nurse (50%), housekeeping (40.4%), and help with bathing/dressing/eating (40%). Very few participants were using these services at baseline, however: 3 (5.9%) for nursing facility, 11 (22.4%) for on-site nurse, and 2 (4.1%) for help with bathing/dressing/eating. The exception was housekeeping, with almost all residents using housekeeping (88.2%).

These rankings are consistent with the finding that health problems were listed as the main reason for a sizeable number of participants, given that these were predominantly health-related services named as making them a lot more likely to move to the CCRC.

Sources of information about CCRCs

Table 6 displays information about the sources from which CCRC Residents and Non-Residents received information. Residents more often received information from spouses and children; Non-Residents more often received information from friends and mail ads. This information was solicited slightly more often by Residents (48.9%) than Non-Residents (39.5%). Slightly more CCRC Residents saw their sources of information as credible (76.1% vs 62.8% for “extremely credible”). CCRC Residents saw their sources very frequently and saw themselves as extremely similar to their source.

Aim 2 (satisfaction with residence and well-being one year later)

Number of people lost to follow-up

Eleven participants from the baseline did not complete the 12-month follow-up interview. Nine were non-residents, and two were residents. Reasons for not completing the interview were: unable to contact (4), refused due to being too busy (3), ineligible (2), poor health (1), and deceased (1).

Number of people who moved during the year

Two non-residents moved into a CCRC during the year between interviews. No residents moved from a CCRC.

Satisfaction with residence and well-being one year later

Table 7 compares baseline living arrangement (CCRC Residents and Non-Residents) on satisfaction with residence and well-being at the 12-month follow-up interview. CCRC Residents were more satisfied and had better well-being, on average.

Variables associated with satisfaction with residence

See Table 8. Participants were more satisfied with their residence at the 12-month follow-up if they were satisfied at baseline, lived in closer proximity to amenities, and were residing in a CCRC at baseline (versus Non-Resident).

Factors associated with well-being

See Table 9. Participants had more positive well-being if they were younger, had better cognitive functioning at baseline, were a CCRC Resident at baseline (versus Non-Resident), and felt a lower perception of control in social relations.

Implications*Summary of findings*

The first aim of this study was to elucidate variables that may impact the decision-making process to move into a CCRC. The most significant variables were attitudes about CCRCs, having positive well-being, and perceiving lower control over social relations. Regarding attitudes, the most distinguishing attitudes were believing that CCRCs offered a variety of health services, that CCRCs are “right for me,” and that CCRCs offered a variety of social activities, all of which were higher for Residents. Consistent with these attitudes, health concerns and health services were prominent reasons Residents reported for moving to the CCRC. These findings are consistent with prior research demonstrating the importance of health concerns for moving to a CCRC.

CCRC Residents also had more positive well-being at baseline. It cannot be determined whether well-being could have influenced the decision to move, whether their well-being increased during the initial weeks in the CCRC before the baseline interview, or whether some other factor explains this association.

Regarding control over social relations, participants were asked to “rate the level of control” over “social relations” from 0-100. Although speculative, perhaps those with lower control over social relations were more strongly influenced by advice from others who might have been encouraging them to move to a CCRC. Another possible explanation for this association is that those with lower social control might have felt less confident they could obtain social support or assistance if needed, thus choosing to move to a CCRC, which offered more assistance. It should be noted that the absolute scores for both groups reflected a high degree of control, so control over social relations may play only a small role, if any, in the decision making process.

Participants received information about CCRCs from multiple sources. CCRC Residents were more likely to have received information from family members as opposed to friends or mail advertisement. They had frequent contact with their primary source of information about CCRC and saw themselves as similar to the primary source. Both of these perceptions (frequency of interactions, similarity) can increase the degree of influence, according to diffusion of innovations theory.

The second aim was to examine variables associated with satisfaction with residence and well-being one year later. The most significant variables related to satisfaction were being satisfied at baseline, living closer to amenities, and residing in a CCRC. The most significant variables related to well-being were

younger age, better cognitive functioning at baseline, residing in a CCRC, and perceiving lower control in social relations. Thus, on average, CCRC Residents fared better than Non-Residents both in terms of satisfaction with their residence and overall well-being one year after having moved to the CCRC. Many of these other associations are not surprising, such as better cognitive functioning predicting better well-being. It is unclear why lower control in social relations might be associated with better well-being, although again, it is important to remember that all scores for control were very high.

Considerations

As with all research studies, this study is not without limitations to consider. The main limitation involves the selection of participants. CCRC associates recruited participants for the study. Detailed records are not available regarding who was asked, who was not asked, and who refused. Thus, it is possible that there was a selection bias – even a bias of which the associates were unaware – to select CCRC Residents who were more positive or amenable to participating. Such a bias could skew the results in favor of CCRC Residents.

A second limitation is that Residents were recruited and interviewed a few months after moving to the CCRC. Relatedly, it is not known how much time elapsed from when individuals first inquired about CCRCs to when they made their decision. Although their move was recent, it is possible that their memory had faded regarding the reasons for moving to the CCRC. Nonetheless, this type of memory bias is less likely because Residents were interviewed so soon after moving to the CCRC.

This study has strengths, as well. The main strength is its longitudinal design. A second strength is the comparison group. Prior studies have not compared people who inquired about but did not move to CCRCs. Additionally, this study overcomes flaws of prior studies by assessing a wide variety of variables that may be associated with decision-making.

Conclusions

In conclusion, health concerns and health services were prominent reasons for CCRC Residents' positive attitudes about CCRCs and their decision to move, consistent with past research. Non-Residents held less positive attitudes and were less likely to have received information from close or similar sources.

These findings suggest the importance of assessing individuals' health concerns and health services they find valuable. The findings also suggest the importance of assessing the sources by which individuals had learned about CCRCs. They may be more likely to move to CCRCs if they are receiving positive information about CCRCs from family members, people they interact with frequently, and sources they view as similar and credible. Last, the findings suggest the importance of discussing possible concerns, such as loss of privacy or control.

The 12-month outcomes were encouraging for CCRC Residents, who had higher satisfaction with residence and well-being. These findings suggest that CCRC Residents are happy with their decision and feel satisfied with their home, services, and amenities.

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| | | Resident (N = 52) | Non-Resident (N = 49) |
|--------------------------------|-------------------------------|----------------------|--------------------------|
| Gender | Male | 19 (36.5) | 21 (42.9) |
| | Female | 33 (63.5) | 28 (57.1) |
| Age (M, SD)² | | 79.24 (6.49) | 77.00 (6.93) |
| Race/Ethnicity | White (non-Hispanic) | 51 (98.1) | 46 (93.9) |
| | Native American | 0 | 2 (4.1) |
| | Asian | 1 (1.9) | 0 |
| | Hispanic | 0 | 1 (2) |
| Education Level* | Less than high school | 0 | 0 |
| | High School | 11 (21.6) | 1 (2) |
| | Some College/Trade School | 9 (17.6) | 11 (22.4) |
| | Associate Degree | 2 (3.9) | 0 |
| | Bachelor's Degree | 12 (23.5) | 13 (26.5) |
| | Master's Degree | 10 (19.6) | 19 (38.8) |
| | Professional Degree | 7 (13.7) | 5 (10.2) |
| Marital Status | Married/Living with partner | 30 (57.7) | 23 (46.9) |
| | Widow | 16 (30.8) | 15 (30.6) |
| | Divorced/Separated | 5 (9.6) | 6 (12.2) |
| | Never married | 1 (1.9) | 5 (10.2) |
| Financial Situation | Can't make ends meet | 0 | 0 |
| | Have just enough to get along | 5 (9.6) | 4 (8.2) |
| | Comfortable | 31 (59.6) | 35 (71.4) |
| | Excellent | 16 (30.8) | 10 (20.4) |
| Employment Status | Full-time | 0 | 2 (4.1) |
| | Part-time | 0 | 3 (6.1) |
| Status | Homemaker | 3 (5.8) | 1 (2) |
| | Retired | 48 (92.3) | 43 (87.8) |
| | Other | 1 (1.9) | 0 |

¹Numbers represent Number and percent, N(%), unless otherwise noted.

²M = Mean, SD = standard deviation.

*p < 0.05 (i.e., this statistic is the p-value, which represents a statistically significant difference between Residents and Non-Residents)

| Table 2. Health, Social, Residence, and Well-Being Variables for CCRC Residents and Non-Residents^{1,2} | | |
|--|----------------------|--------------------------|
| | Resident (N = 52) | Non-Resident (N = 49) |
| Impaired in 1+ ADL (yes)^{3,*} | 40 (76.9) | 46 (93.9) |
| Number of intact ADLS (0-11)^{4,*} | 10.56 (.98) | 10.94 (.24) |
| Number of health conditions (0-18) | 3.67 (2.13) | 3.10 (1.86) |
| Cognitive functioning (0-6) | 5.79 (.50) | 5.92 (.28) |
| Rating of current health (1-5)* | 3.88 (.65) | 4.16 (.75) |
| Rating of health in 5 years (1-5) | 3.42 (.78) | 3.71 (.74) |
| Rating of current cognitive functioning (1-5) | 3.88 (.86) | 4.08 (.67) |
| Rating of cognitive functioning in 5 years (1-5) | 3.38 (.93) | 3.63 (.79) |
| Control over work/hobbies (0-100) | 88.19 (18.46) | 93.88 (12.00) |
| Control over living environment (0-100)* | 89.67 (13.17) | 95.10 (11.84) |
| Control over health (0-100) | 82.21 (17.33) | 81.43 (22.71) |
| Control over social relations (0-100)* | 84.52 (18.05) | 93.67 (11.76) |
| Family social support (10-50) | 37.50 (6.42) | 36.06 (8.01) |
| Number of significant relationships (1-12) | 5.85 (2.40) | 5.29 (2.38) |
| Strength of relationships (17-247) | 115.19 (46.64) | 103.51 (49.05) |
| Civic participation (1-6)* | 4.71 (1.23) | 5.20 (1.10) |
| Collectivism (21-49) | 39.44 (4.08) | 38.41 (5.48) |
| CCRC attitudes (9-18)* | 15.63 (1.21) | 13.67 (2.12) |
| Amenities (0-48) | 43.35 (5.33) | 43.49 (4.35) |
| Satisfaction with residence (8-40) | 22.69 (3.25) | 23.96 (3.34) |
| Well-being (GHQ-12,⁵ 0-36)* | 21.44 (4.53) | 18.35 (3.54) |

¹Numbers represent Mean and Standard Deviation (M, SD) unless otherwise noted.

²Higher numbers indicate a better score, except for number of health conditions (for which a higher number indicates more health conditions), collectivism (for which a higher number indicates less individualism and more collectivism), and amenities (for which a higher number indicates closer proximity)

³Number and percent, N(%)

⁴Numbers in parentheses after each variable name display the range of possible scores for that variable

⁵General Health Questionnaire-12

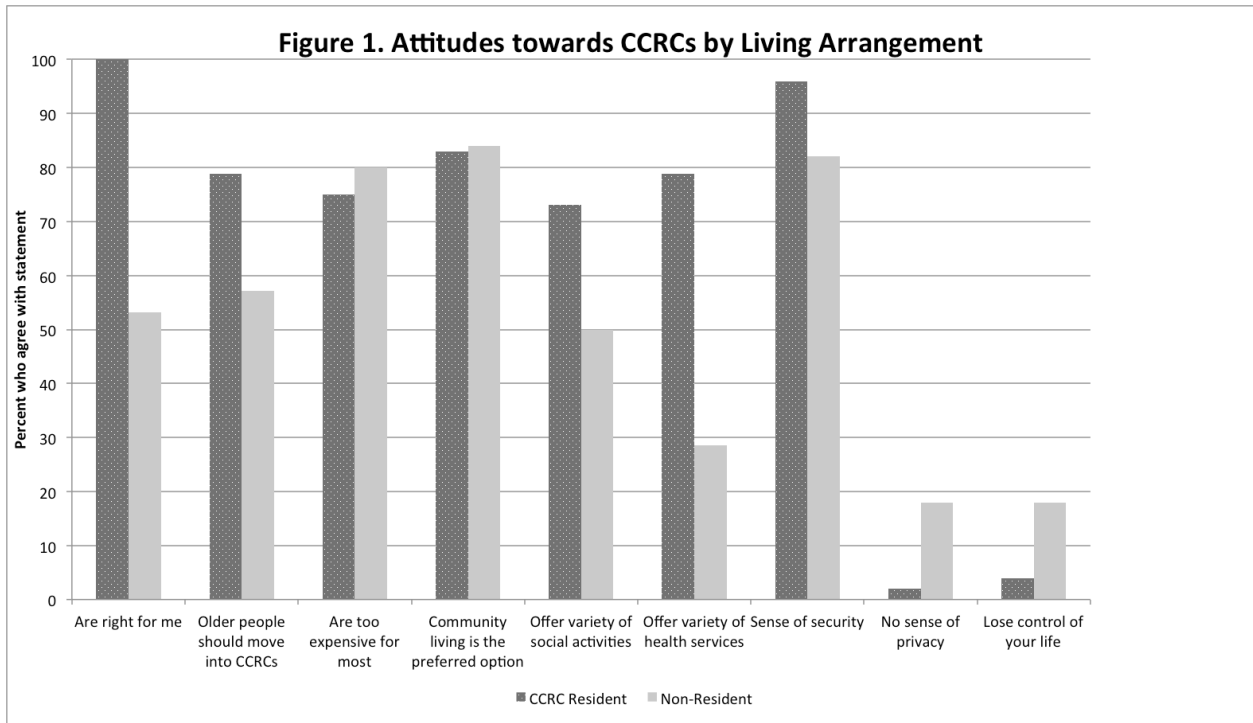
*p < 0.05

| Table 3. Variables Associated with Living Arrangement at Baseline¹ | | | |
|--|---------------------|---------------------|-------|
| | Adjusted odds ratio | 95% CI ² | |
| Number of intact ADLs | 2.290 | .715 | 7.330 |
| Rating of current health | 1.938 | .858 | 4.382 |
| Control over living environment | 1.017 | .978 | 1.058 |
| Control over social relations* | 1.051 | 1.005 | 1.100 |
| Civic participation | 1.173 | .695 | 1.980 |
| CCRC attitudes* | .493 | .333 | .730 |
| Well-being* | .727 | .603 | .876 |

¹Results of multiple logistic regression for living arrangement (1 = Resident, 2 = Non-Resident)

²CI = confidence interval for the adjusted odds ratio

*p < 0.05



| Table 4. The main reason for moving into CCRC | | |
|--|---------------------|--|
| | Number of responses | Illustrative comment |
| Services | 14 | Living independently, but having healthcare services Everything is taken care of here |
| Health | 10 | I needed more help as I recovered from my illness Assistance with health in future |
| Decrease responsibilities | 7 | Running my household had become a burden Elimination of household responsibilities |
| Social support | 7 | Companionship-social life To be closer to my family |
| Security | 6 | Sense of total security Provide security for my wife (I am 5 years older) |
| Caregiving | 3 | Daily responsibility of wife Husband's health problems |
| Other | 5 | Preparation for the future To do what I would like to do |

| Table 5. Importance and Use of CCRC Services by CCRC Residents at Baseline (N = 52) | | |
|--|------------------------------|-----------|
| Group meals | | N(%) |
| Service offered | Yes | 52 (100) |
| | No | 0 |
| Pay extra for | Yes | 6 (11.5) |
| | No | 46 (88.5) |
| How much did this service affect your decision to move in? | A lot less likely to move | 0 |
| | Somewhat less likely to move | 0 |
| | Not at all | 13 (25) |
| | Somewhat more likely to move | 20 (38.5) |
| | A lot more likely to move | 19 (36.5) |
| Use service now? | Yes | 50 (96.2) |
| | No | 2 (3.8) |
| How often do you use? | Less than monthly | 0 |
| | Monthly | 2 (3.8) |
| | Every 2 weeks | 2 (3.8) |
| | Weekly | 4 (7.7) |
| | A few times a week | 8 (15.4) |
| | Daily | 33 (63.5) |
| | N/A | 2 (3.8) |
| How important is service to you? | Not at all | 2 (3.8) |
| | Quite important | 6 (11.5) |
| | Important | 16 (30.8) |
| | Very important | 28.00 |
| Transportation | | |
| Service offered | Yes | 51 (98.1) |
| | No | 1 (1.9) |
| Pay extra for | Yes | 18 (35.3) |
| | No | 33 (64.7) |
| How much did this service affect your decision to move in? | A lot less likely to move | 0 |
| | Somewhat less likely to move | 2 (3.9) |
| | Not at all | 16 (31.4) |
| | Somewhat more likely to move | 18 (35.3) |
| | A lot more likely to move | 15 (29.4) |
| Use service now? | Yes | 27 (51.9) |
| | No | 25 (48.1) |
| How often do you use? | Less than monthly | 5 (10.4) |
| | Monthly | 7 (14.6) |
| | Every 2 weeks | 4 (8.3) |
| | Weekly | 3 (6.3) |
| | A few times a week | 3 (6.3) |
| | Daily | 4 (8.3) |
| | N/A | 22 (45.8) |
| How important is service to you? | Not at all | 2 (3.8) |

| Table 5. Importance and Use of CCRC Services by CCRC Residents at Baseline (N = 52) | | |
|--|------------------------------|-----------|
| | Quite important | 10 (19.2) |
| | Important | 14 (26.9) |
| | Very important | 26 (50) |
| Housekeeping | | |
| Service offered | Yes | 52 (100) |
| | No | 0 |
| Pay extra for | Yes | 8 (15.4) |
| | No | 44 (84.6) |
| How much did this service affect your decision to move in? | A lot less likely to move | 0 |
| | Somewhat less likely to move | 0 |
| | Not at all | 13 (25) |
| | Somewhat more likely to move | 18 (34.6) |
| | A lot more likely to move | 21 (40.4) |
| Use service now? | Yes | 45 (88.2) |
| | No | 6 (11.8) |
| How often do you use? | Less than monthly | 0 |
| | Monthly | 2 (3.9) |
| | Every 2 weeks | 21 (41.2) |
| | Weekly | 23 (45.1) |
| | A few times a week | 0 |
| | Daily | 0 |
| | N/A | 5 (9.8) |
| How important is service to you? | Not at all | 1 (1.9) |
| | Quite important | 9 (17.3) |
| | Important | 20 (38.5) |
| | Very important | 22 (42.3) |
| Help with bathing/dressing/eating | | |
| Service offered | Yes | 50 (96.2) |
| | No | 2 (3.8) |
| Pay extra for | Yes | 25 (51) |
| | No | 24 (49) |
| How much did this service affect your decision to move in? | A lot less likely to move | 0 |
| | Somewhat less likely to move | 1 (2) |
| | Not at all | 17 (34) |
| | Somewhat more likely to move | 12 (24) |
| | A lot more likely to move | 20 (40) |
| Use service now? | Yes | 2 (4.1) |
| | No | 47 (95.9) |
| How often do you use? | Less than monthly | 0 |
| | Monthly | 0 |
| | Every 2 weeks | 0 |
| | Weekly | 0 |
| | A few times a week | 0 |

| Table 5. Importance and Use of CCRC Services by CCRC Residents at Baseline (N = 52) | | |
|--|------------------------------|-----------|
| | Daily | 4 (8.3) |
| | N/A | 44 (91.7) |
| How important is service to you? | Not at all | 4 (7.8) |
| | Quite important | 5 (9.8) |
| | Important | 15 (29.4) |
| | Very important | 27 (52.9) |
| Emergency call button or check on residents | | |
| Service offered | Yes | 52 (100) |
| | No | 0 |
| Pay extra for | Yes | 1 (1.9) |
| | No | 51 (98.1) |
| How much did this service affect your decision to move in? | A lot less likely to move | 1 (1.9) |
| | Somewhat less likely to move | 2 (3.8) |
| | Not at all | 12 (23.1) |
| | Somewhat more likely to move | 20 (38.5) |
| | A lot more likely to move | 17 (32.7) |
| Use service now? | Yes | 21 (40.4) |
| | No | 31 (59.6) |
| How often do you use? | Less than monthly | 1 (2) |
| | Monthly | 0 |
| | Every 2 weeks | 0 |
| | Weekly | 1 (2) |
| | A few times a week | 0 |
| | Daily | 20 (40.8) |
| | N/A | 27 (55.1) |
| How important is service to you? | Not at all | 2 (3.8) |
| | Quite important | 9 (17.3) |
| | Important | 14 (26.9) |
| | Very important | 27 (51.9) |
| On-site nurse | | |
| Service offered | Yes | 50 (96.2) |
| | No | 2 (3.8) |
| Pay extra for | Yes | 10 (21.3) |
| | No | 37 (78.7) |
| How much did this service affect your decision to move in? | A lot less likely to move | 1 (2) |
| | Somewhat less likely to move | 0 |
| | Not at all | 5 (10) |
| | Somewhat more likely to move | 19 (38) |
| | A lot more likely to move | 25 (50) |
| Use service now? | Yes | 11 (22.4) |
| | No | 38 (77.6) |
| How often do you use? | Less than monthly | 4 (8.5) |

| Table 5. Importance and Use of CCRC Services by CCRC Residents at Baseline (N = 52) | | |
|--|------------------------------|-----------|
| | Monthly | 2 (4.3) |
| | Every 2 weeks | 1 (2.1) |
| | Weekly | 0 |
| | A few times a week | 0 |
| | Daily | 5 (10.6) |
| | N/A | 35 (74.5) |
| How important is service to you? | Not at all | 3 (5.8) |
| | Quite important | 3 (5.8) |
| | Important | 15 (28.8) |
| | Very important | 31 (59.6) |
| Special resident facility for people who need nursing care | | |
| Service offered | Yes | 51 (100) |
| | No | 0 |
| Pay extra for | Yes | 19 (37.3) |
| | No | 32 (62.7) |
| How much did this service affect your decision to move in? | A lot less likely to move | 0 |
| | Somewhat less likely to move | 1 (2) |
| | Not at all | 3 (5.9) |
| | Somewhat more likely to move | 16 (31.4) |
| | A lot more likely to move | 31 (60.8) |
| Use service now? | Yes | 3 (5.9) |
| | No | 48 (94.1) |
| How often do you use? | Less than monthly | 0 |
| | Monthly | 0 |
| | Every 2 weeks | 0 |
| | Weekly | 0 |
| | A few times a week | 0 |
| | Daily | 3 (6.4) |
| | N/A | 44 (93.6) |
| How important is service to you? | Not at all | 1 (2) |
| | Quite important | 3 (5.9) |
| | Important | 9 (17.6) |
| | Very important | 38 (74.5) |
| | | |
| On-site social activities | | |
| Service offered | Yes | 52 (100) |
| | No | 0 |
| Pay extra for | Yes | 3 (5.8) |
| | No | 49 (94.2) |
| How much did this service affect your decision to move in? | A lot less likely to move | 0 |
| | Somewhat less likely to move | 1 (2) |
| | Not at all | 14 (28) |

| | | |
|--|------------------------------|-----------|
| | Somewhat more likely to move | 20 (40) |
| | A lot more likely to move | 15 (30) |
| Use service now? | Yes | 42 (80.8) |
| | No | 10 (19.2) |
| How often do you use? | Less than monthly | 0 |
| | Monthly | 6 (11.5) |
| | Every 2 weeks | 3 (5.8) |
| | Weekly | 14 (26.9) |
| | A few times a week | 14 (26.9) |
| | Daily | 5 (9.6) |
| | N/A | 10 (19.2) |
| How important is service to you? | Not at all | 5 (9.8) |
| | Quite important | 11 (21.6) |
| | Important | 12 (23.5) |
| | Very important | 23 (45.1) |
| Social outings | | |
| Service offered | Yes | 51 (100) |
| | No | 0 |
| Pay extra for | Yes | 38 (76) |
| | No | 12 (24) |
| How much did this service affect your decision to move in? | A lot less likely to move | 0 |
| | Somewhat less likely to move | 2 (3.8) |
| | Not at all | 20 (38.5) |
| | Somewhat more likely to move | 22 (42.3) |
| | A lot more likely to move | 8 (15.4) |
| Use service now? | Yes | 26 (51) |
| | No | 25 (49) |
| How often do you use? | Less than monthly | 3 (6.1) |
| | Monthly | 12 (24.5) |
| | Every 2 weeks | 3 (6.1) |
| | Weekly | 6 (12.2) |
| | A few times a week | 1 (2) |
| | Daily | 1 (2) |
| | N/A | 23 (46.9) |
| How important is service to you? | Not at all | 10 (19.2) |
| | Quite important | 11 (21.2) |
| | Important | 14 (26.9) |
| | Very important | 17 (32.7) |
| Exercise class | | |
| Service offered | Yes | 52 (100) |
| | No | 0 |
| Pay extra for | Yes | 1 (2) |
| | No | 50 (98) |

| | | |
|--|------------------------------|-----------|
| How much did this service affect your decision to move in? | A lot less likely to move | 0 |
| | Somewhat less likely to move | 0 |
| | Not at all | 16 (31.4) |
| | Somewhat more likely to move | 23 (45.1) |
| | A lot more likely to move | 12 (23.5) |
| Use service now? | Yes | 29 (55.8) |
| | No | 23 (44.2) |
| How often do you use? | Less than monthly | 1 (2) |
| | Monthly | 0 |
| | Every 2 weeks | 0 |
| | Weekly | 2 (4) |
| | A few times a week | 19 (38) |
| | Daily | 6 (12) |
| | N/A | 22 (44) |
| How important is service to you? | Not at all | 7 (13.5) |
| | Quite important | 9 (17.3) |
| | Important | 16 (30.8) |
| | Very important | 20 (38.5) |
| Classes | | |
| Service offered | Yes | 40 (80) |
| | No | 10 (20) |
| Pay extra for | Yes | 3 (7.9) |
| | No | 35 (92.1) |
| How much did this service affect your decision to move in? | A lot less likely to move | 0 |
| | Somewhat less likely to move | 0 |
| | Not at all | 29 (72.5) |
| | Somewhat more likely to move | 8 (20) |
| | A lot more likely to move | 3 (7.5) |
| Use service now? | Yes | 7 (17.5) |
| | No | 33 (82.5) |
| How often do you use? | Less than monthly | 0 |
| | Monthly | 2 (4.7) |
| | Every 2 weeks | 2 (4.7) |
| | Weekly | 1 (2.3) |
| | A few times a week | 1 (2.3) |
| | Daily | 1 (2.3) |
| | N/A | 36 (83.7) |
| How important is service to you? | Not at all | 18 (38.3) |
| | Quite important | 13 (27.7) |
| | Important | 10 (21.3) |
| | Very important | 6 (12.8) |

| Religious services | | |
|--|------------------------------|-----------|
| Service offered | Yes | 47 (90.4) |
| | No | 5 (9.6) |
| Pay extra for | Yes | 1 (2.1) |
| | No | 46 (97.9) |
| How much did this service affect your decision to move in? | A lot less likely to move | 1 (2.1) |
| | Somewhat less likely to move | 0 |
| | Not at all | 40 (85.1) |
| | Somewhat more likely to move | 4 (8.5) |
| | A lot more likely to move | 2 (4.3) |
| Use service now? | Yes | 8 (17) |
| | No | 39 (83) |
| How often do you use? | Less than monthly | 3 (6.5) |
| | Monthly | 1 (2.2) |
| | Every 2 weeks | 1 (2.2) |
| | Weekly | 3 (6.5) |
| | A few times a week | 0 |
| | Daily | 0 |
| | N/A | 38 (82.6) |
| How important is service to you? | Not at all | 23 (46) |
| | Quite important | 8 (16) |
| | Important | 11 (22) |
| | Very important | 8 (16) |
| | | |

| | | Residents (N = 52) | Non-Residents (N = 49) |
|---|--------------------|-----------------------|---------------------------|
| Source of information about CCRCs (max 5) | Spouse | 15 | 3 |
| | Child | 13 | 4 |
| | Friend | 19 | 25 |
| | Doctor | 1 | 0 |
| | Radio | 1 | 0 |
| | TV | 2 | 0 |
| | Newspaper | 4 | 7 |
| | Mail Ad | 4 | 15 |
| | Other | 16 | 18 |
| Number of Sources [max 5, (M, SD)] ² | | 4.33 (1.232) | 4.16 (1.28) |
| First Source of Information About CCRCs | Spouse | 11 (23.4) | 1 (2.3) |
| | Child | 8 (17) | 3 (7) |
| | Friend | 11 (23.4) | 11 (25.6) |
| | Doctor | 1 (2.1) | 0 |
| | Radio | 1 (2.1) | 0 |
| | TV | 0 | 0 |
| | Newspaper | 2 (4.3) | 7 (16.3) |
| | Mail Ad | 2 (4.3) | 8 (18.6) |
| | Other | 11 (23.4) | 13 (30.2) |
| Solicited | Yes | 22 (48.9) | 17 (39.5) |
| | No | 23 (51.1) | 26 (60.5) |
| How credible? | Not at all | 0 | 0 |
| | Somewhat | 0 | 0 |
| | Slightly | 0 | 0 |
| | Moderately | 11 (23.9) | 16 (37.2) |
| | Extremely | 35 (76.1) | 27 (62.8) |
| Where does the source live? | CCRC | 18 (52.9) | 15 (62.5) |
| | ALF/NH | 0 | 0 |
| | Apartment | 0 | 0 |
| | Single family home | 15 (44.1) | 7 (29.2) |
| | Other | 1 (2.9) | 2 (8.3) |
| How frequently do you see the source? | Rarely | 0 | 1 (4.5) |
| | Occasionally | 5 (16.7) | 5 (22.7) |
| | Sometimes | 5 (16.7) | 6 (27.3) |
| | Often | 6 (20) | 7 (31.8) |
| | Almost always | 14 (46.7) | 3 (13.6) |
| How similar are you to the source? | Not at all | 0 | 3 (12.5) |
| | Somewhat | 1 (2.9) | 2 (8.3) |
| | Slightly | 4 (11.8) | 4 (16.7) |
| | Moderately | 13 (38.2) | 8 (33.3) |
| | Extremely | 16 (47.1) | 7 (29.2) |

¹Numbers represent Number (percent), N(%)

²Mean (standard deviation), M(SD)

| Table 7. 12-Month Comparisons for CCRC Residents and Non-Residents^{1,2} | | |
|---|----------------------|--------------------------|
| | Resident (N = 48) | Non-Resident (N = 44) |
| Number of intact ADLs | 10.63 (1.02) | 10.89 (.32) |
| Number of health conditions | 3.44 (1.87) | 2.98 (1.90) |
| Cognitive functioning | 5.77 (.52) | 5.89 (.32) |
| Satisfaction with residence* | 24.23 (3.30) | 22.86 (2.89) |
| Well-being* | 18.72 (1.57) | 17.57 (1.26) |

¹Numbers represent Mean (standard deviation), M(SD)

²Response missing for 1 CCRC Resident for well-being and satisfaction with residence

*p < 0.05

| Table 8. Variables Associated with 12-Month Satisfaction with Residence (N = 91)¹ | |
|---|-------------------------------|
| | Standardized beta coefficient |
| Satisfaction with residence at baseline* | .481 |
| Rating of health in 5 years | .086 |
| Control over living environment | .109 |
| Strength of social relationships | .139 |
| Amenities at baseline* | .253 |
| Well-being at baseline | -.112 |
| Living arrangement at baseline^{2,*} | -.370 |

¹Results of multiple linear regression

²1 = CCRC Resident, 2 = Non-Resident

*p < 0.05

| Table 9. Variables Associated with 12-Month Well-Being (N = 91)¹ | |
|--|-------------------------------|
| | Standardized beta coefficient |
| Well-being at baseline | .154 |
| Age* | -.353 |
| Cognitive functioning at baseline* | -.197 |
| Control over living environment | -.174 |
| Control over social relations* | -.255 |
| CCRC attitudes at baseline | -.054 |
| Living arrangement at baseline^{2,*} | -.253 |

¹Results of multiple linear regression

²1 = CCRC Resident, 2 = Non-Resident

*p < 0.05