

South Portland Data—An Emerging Picture

Demographics (South Portland)	South Portland		Cumberland County	Maine	Notes
	#	%			
Population Ages (Table S0101, C21007 2014-2018 ACS, 5-year estimates)					
Total Population	25,515	NA	293,557	1,338,404	
Under 18	4,595	18.0%	19.4%	19.1%	South Portland has a healthy mix of older and younger residents.
18-64	16,757	65.7%	63.8%	61.5%	
65+	4,163	16.3%	16.8%	19.4%	
Median Age	41.5	NA	42.1	44.6	Neighborhood variation, see map one in slide deck
Older Adults					
50-59 year old	3,894	15.3%	15.60%	15.7%	South Portland is not getting younger—note the 50-59 year olds waiting in line to join the ranks of older SoPo residents
60-69 year old	3,170	12.4%	12.50%	14.3%	
70-79 year old	1,568	6.2%	6.70%	7.9%	
80+	955	3.7%	4.30%	4.7%	
Veterans, 65+	864	20.7%	19.4%	22.0%	Need: Education to make sure they access benefits.
Income Descriptive (Table DP03, Table B19037, B27007 2013-2017 ACS, Five-Year Estimates)					
Median Hhld. Income (all ages)	\$59,515	NA	\$65,702	\$53,024	Neighborhood variation: See map 2 in slide deck
Mean Social Security Income	\$17,650	NA	\$18,786	\$17,684	
Mean Retirement Income	\$26,063	NA	\$24,516	\$22,858	
% 65+ below 100% FPL	387	9.3%	8.3%	8.8%	
Older adult hhld <50% overall median	931	22.8%	39.6%	32.4%	\$29,757 or 2479.79/month
Older adult hhld <75% overall median	1403	34.4%	54.4%	52.2%	\$44,636 or 3719.69/month
Elder Economic Security Index—Cumberland County (reference: https://elderindex.org/)					
	65+, living alone in rental		65+ couple, own home, no mortgage		
Housing (utility, tax, insurance)	\$1030	\$809	\$640	\$532	
Food	\$257	\$257	\$471	\$471	
Transportation	\$299	\$316	\$461	\$486	
Health Care (good health)	\$369	\$394	\$738	\$788	See slide 3 of slide deck for economic security by neighborhood
Miscellaneous	\$313	\$300	\$462	\$455	
Total Costs Per month	\$2268	\$2076	\$2772	\$2732	
Housing Descriptive (Table B09020, B25007, B25027, B25072, B25126, S0102, S2507, ACS 2013-2017 5-year estimates)					
65+ own home	1839	72.3%	77.5%	79.3%	
60+, Median home value	\$240,463	NA	\$261,400	\$182,700	Property tax: 4,592.84/yr
65+ own home--mortgage	631	34.3%	42.6%	34.7%	
65+ own home--no mortgage	1208	65.7%	57.4%	65.3%	
65+ renting	703	27.7%	22.5%	20.7%	
Demographics	South Portland # %		Cumberland County	Maine	NOTES

Housing Affordability					
65+, Owner Occupied Housing, spending 30% or more on housing	577	31.4%	30.8%	26.5%	Home owners struggling to pay bills. Unmet need for home repair, maintenance, modification programs
65+ Rental Expenses, 30% or more of household income	408	61.8%	59.4%	53.4%	
Subsidized housing Units, 65+	573 units, 481 sub.	14 units per 100 older hhld	HUD data—This is a healthy number of units. Public and Affordable Housing Research Corporation and the National Low Income Housing Coalition's 2015 National Housing Preservation Database; U.S. Housing and Urban Development (HUD) Public Housing Buildings Database, http://www.preservationdatabase.org/ ;		
Note: Walk Score (https://www.walkscore.com/score/) measures the walkability of any address based on the distance to nearby places and pedestrian friendliness. The overall Walk Score for South Portland is 41, which means most errands require a car. For Walk Scores of HUD units, see map on slide 5 of slide deck.					
Housing Condition					
65+ hhld, Age of home, 30+ years (owner or renter occ)	2307	38.9%	69.4%	86.3%	Age-Friendly SoPo survey : snow removal: 62% Home maint: 27% Home repair: 24%
65+ hhld, Age of home, 50+ years (owner or renter occ)	1701	28.7%	59.4%	61.6%	
Note: From Josh Probrislo: About 12 years ago, the fire department/union offered educational forums and conducted monthly blood pressure checks and medical information sessions at SP Housing Authority buildings. Canceled because it was volunteer time—became too much in conjunction with the need for many of the volunteers to work multiple jobs to make adequate income for their families. Smoke detector distribution is an independent function of the Red Cross/					
Local Data					
LiHEAP (households, 60+)	164*	27% of ppl 60+, 150% FPL	Opportunity Alliance Data, 2019. 60+: *164 hhld (with 181 residents 60+) rec'd LiHEAP benefits in 2019. Note: the municipality could make it easier and more efficient for Opportunity Alliance to meet the need by making General Assistance more accessible.		
CHIP (households, 60+)	5				
Keep ME Warm Emergency Funds	5				
Habitat for Humanity Critical repair Program					
Participation in Food Security Programs (Table B22001, 2013-2017 ACS 5-year estimates)					
At least one person 60+ in hhld, receive SNAP (for neighborhood data, see slide 7 in slide deck).	418	10.9%	8.3%	12.4%	Age-Friendly South Portland survey asked if people went to bed hungry. 98.7% said it was not a problem.
Local Data					
Meals on Wheels	114	2.7/100	OADS 2019 data (11, 844 meals)		
Congregate Dining	159	3.8/100	OADS 2019 data, (3,792 meals)		
Commodity Food boxes					
Food Cupboard participation	81	17.2% of 60+, 100% FPL	20 Shut-Ins (monthly); 30 Residents of SPHA (pandemic/home-delivery, normally SPHA bus);31 unique ind. who collect food at Cupboard (Jan—May 26, 2020)		
From Dwayne Hopkins: We have compiled a list of 361 senior adult families from South Portland. Some of them I'm sure have passed away or have moved. But let's even assume that half of them are still in South Portland and still would need to access the Food Cupboard. That would actually add 70 families a month to our recipient families.					
Demographics	South Portland #	South Portland %	Cumberland County	Maine	NOTES
Transportation Service Participation (Local Data)					

South Portland City Bus	68	1.6%	John Duncan: Approx. 63 ppl 65+ make 952 round trips monthly. An additional 5 older people pay for a monthly pass. The SoPo Age-Friendly survey asked if lack of transportation meant that people did not go to the places they wanted to go, 11.7% of respondents said yes.		
Older Adult Participation in Transportation Planning	13	NA	GPCOG Community Transportation Leaders and Mobility Liaisons (2019). Note importance of older volunteers		
Focus: Falls Prevention (Table S1810, 2013-2017 5-year estimates)					
65+ Ambulatory Difficulty	740	19.3%	16.9%	19.3%	<p>South Portland, EMS Calls for Falls, 2019 (n=461)</p> <p>500 400 300 200 100 0</p> <p>21% 23% 57%</p> <p>Evaluated, No Trans. Public Assisted Transport</p>
Local Data					
All EMS Calls	2388	100%	NA	NA	
Falls	461	19%	NA	NA	
Transport	261	57%	NA	NA	
No Transport	200	43%	NA	NA	
Assist, no tx needed	133	66%	NA	NA	
Refuse Transport	67	34%	NA	NA	
Evidence based programs	24	3.2% of ppl. with amb. diff.	OADS, 2019 data: 7 Matter of Balance; 5 Healthy Steps for Older Adults; 12 Tai-Chi		
Health Related Descriptive (Table B18130, S1810, C18108, S2704, B27010 ACS 2013-2017, 5-year estimates)					
65+ with one disability (hearing, vision, cognitive, ambulatory, self-care, or independent living)	1081	28.2%	29.7%	34.0%	<p>COVID-19 Response Need: From Josh Pobrislo: Older people have been harder to reach to deliver consistent and relevant information (COVID specific). There has been a fear of healthcare thus compounding/complicating issues that could have been easily resolved, and medication/food security due to fear of going out.</p> <p>Opportunity Alliance, 211 data: There has been a 600% increase in COVID related calls and need</p>
65+ Living with two or more disabilities	568	14.8%	15.1%	16.6%	
65+ Dementia/Alzheimer's (cognitive disability)	227	5.9%	7.4%	7.7%	
65+ Need ADL/IADL help (self-care disability)	258	6.7%	6.5%	6.3%	
65+ Need help with chores (independent living disability)	455	11.8%	11.2%	11.8%	
People 65+ with Medicare, Medicaid, and/or VA hlth insurance	3903	95.8%	96.7%	97.3%	
% 65+ Mainecare	539	13.2%	11.7%	19.1%	
Inadequate health insurance: (no health insurance or only one type of insurance—employer based, direct purchase or Medicare-only)	1342	32.9%	39.0%	29.0%	
Local Data					
People have someone to check on them when they are sick	NA	93%	Age-Friendly South Portland Survey Data. People are connected. However, 7% need some help.		
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Caregiver descriptive (Table B09020, B10052, 2013-2017 ACS 5-year estimates)					

65+ Householder Living with Parents/Parents-in-Law	119	3.0%	4.0%	3.6%	
Grandparent 60+ responsible for grandchild <18	99	2.5%	0.9%	1.1%	
Local Data					
Adult Day Participants or Caregiver Respite participant	9		OADS 2019 data, 6 participants received 2,150.25 hours of adult day service. 3 respite participants received 282.33 hours of respite		
Education /Support for Caregivers of people with Dementia (Savvy Caregiver, Counseling, or Support Group participant)	50		OADS, 2019 data, 2 Savvy participants received 12 hours of service in the training; 47 people received 82 hours of counseling; 1 participant attended the support group.		
Social Participation (Table B09020 ACS 2013-2017 5-year estimates)					
Experiencing social isolation					
65+ Living alone	1228	31.3%	28.7%	27.8%	Slide 12 in slide deck.
Library Patrons		40%, 65+	Suggests need for programming during the pandemic		
Library Volunteers		90%, 65+	The Age-Friendly SoPo Survey asked if people were interested in volunteer opportunities. 25.3% were. The most common barriers, mentioned by 31% of respondents, were no one to go with and finding out about events too late.		
Disaster Preparedness					
Social Vulnerability Index	NA	0.32	0.14	NA	Slide 13 in slide deck
Neighborhood social vulnerabilities, such as socio-economic status, lack of transportation, and crowded housing weaken an areas's ability to prevent human suffering and financial loss in a disaster/pandemic and in the immediate aftermath. The map shows the different levels of social vulnerability throughout your city (0-1, lower is less vulnerable, higher is more vulnerable).					
Neighborhood Safety					
Violent and Property Crimes/00	NA	2.3/100	Everyone deserves to live in an environment where they feel safe and comfortable socializing, exercising, or just hanging out in public. The Age-Frndly South Portland team asked if people felt safe in the community. 97.7% said they did.		
Police dept. programs to keep people engaged in the community and keeping older people feeling safe. TRIAD, Yellow Dot, Impaired Memory Registration, Volunteers in Police Service (open to 18+ but almost all are 65+), Community Cares telephone reassurance program. Triad--placed on hold for now due to staffing and a lack of participation. Suspended the VIP program and yellow dot programs during pandemic.					
Safe Streets (fatal crashes/100000)		2.2	Traffic fatalities went down by 15% between 2017 and 2018 (26 to 22) in Cumberland County.		
Able to enter businesses/buildings	NA	98.3%	Age-Frndly SoPo Data		
Able to use outdoor spaces	NA	96%	When the age-friendly SoPo team asked what would help people get around SoPo to use public services or shopping, the most common answer was sidewalks, parking areas cleared of snow (61.3%), more designated parking and street lighting (34%), and better maintained streets (18%).		

Dig deeper into transportation data? RTP data—how many people are served?

Public Works—sidewalk data: What percentage of streets have sidewalks? What percentage of sidewalks are in need of repair? Priorities?

**Dig deeper in the walk score for the community

**Try to dig deeper into housing

Extrapolate functional disabilities to need for sand bucket/shoveling initiative

Look at their survey----Bring that data into dashboard as appropriate

Social Isolation:

- Reach out to library—older patrons/participation.
- Is community center data available/contact?

***Running MOB and tai chi/SMAAA--want to make a case to increase funding so more people can participate?

Best/Fun practice: Park prescription program

There is a need for education about social isolation/loneliness... Putting together 15-minute education packages for age-friendly committees

Is Comfortably Home available thru South Portland Housing?