

## California Regional Center Report: Alta 2011

National Association of State Directors of Developmental Disabilities Services
Human Services Research Institute


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## Quality Assessment Project and National Core Indicators

This report contains regional center level results from California's first statewide National Core Indicators (NCI) Adult Consumer Survey, in accordance with Welfare and Institutions Code (WIC) 4571. WIC 4571 directs the Department of Developmental Services (DDS) to collect accurate, reliable, and valid consumer and family satisfaction measures as well as consumer outcome data. In California, data from this project will be used to review and benchmark statewide and regional center developmental disability service system performance ${ }^{1}$. This first year of data collection will serve as a basis for regional centers to monitor changes and guide strategic planning.

## What is the NCI Adult Consumer Survey?

The NCI Adult Consumer Survey is an interview conducted with a person who is receiving services from DDS. The NCI Survey is used to gather data on approximately 100 consumer outcomes and is regularly refined and tested to ensure it is valid and reliable. In California, interviewers hired by the area boards met with individuals and asked them questions about where they live and work, the kinds of choices they make, the activities they do in the community, their relationships with friends and family, and their health and well-being. Interviews were conducted between May 2010 and January 2011.

[^1]
## How were people selected to participate?

Based on the total number of adults (age 18 and over) who are receiving DDS services, it was determined that a target number of 400 surveys per regional center would provide a valid sample for this analysis. ${ }^{2}$ People who were presently living in a developmental center were not part of the sample.

An additional group of people who had moved from developmental centers to the community in the past five years was selected so that their results could be looked at separately ${ }^{3}$. Overall, the total number of surveys completed across the State of California was 8,726 .

## Proxy Respondents

Across the State, proxy respondents were used only where the individual surveyed either could not effectively communicate with the interviewer or chose to have a proxy respondent. Only people who knew the individual well (such as family, friends, or staff) were acceptable respondents, and to avoid conflict, service coordinators are not allowed to respond for individuals. Proxy respondents were only viable respondents to a particular set of questions in Section II, which were based on objective and/ or measurable behaviors: Community Inclusion, Choices, Rights, and Access to Needed Services. As well, some background information may have been collected from the Regional Center.

The percentages of proxy respondents ranged depending on the particular section. The Choice questions had the lowest number of proxy responses (39\%), and the other sections had about the same rates: Community Inclusion (48\%), Rights (48\%), and Services Received (50\%).

[^2]The issue of the validity of proxy responses is an important consideration in the interpretation of survey responses among individuals with intellectual and developmental disabilities. While it is generally accepted that proxy responses are not fully in concordance with individual responses, this acknowledgement does not mean proxies are unreliable or their answers unimportant.

## What topics are covered by the survey?

The National Core Indicators are organized by "domains" or topics. These domains are further broken down into subdomains, each of which has a statement that indicates what concerns are being measured. Each sub-domain includes one or more "indicators" of how the State or regional center is doing in this area. The following table lists the domains and sub-domains covered by the NCI Adult Consumer Survey indicators.

Table 1. nCi Adult Family Survey Indicators - Domains and Sub-Domains

| Domain | Sub-Domain | Description of Sub-Domain |
| :--- | :--- | :--- |
| Individual <br> Outcomes | Work | People have support to find and maintain community integrated <br> employment. |
|  | Community Inclusion | People have support to participate in everyday community activities. |
|  | Relationships | Setermination <br> Services. |
| Health, Welfare <br> and Rights | Safety | People are satisfied with the services and supports they receive. |

## What is contained in this report?

This report illustrates all demographic and individual outcome results from Alta regional center's 2010 NCl data collection cycle. All results are shown in chart form along with descriptive text to the right of each chart.

A California Adult Consumer Survey Report is available on the DDS website. This report includes results for the entire state by regional center, separate results for people who moved from developmental centers to the community ("movers"), and breakouts by qualifying condition. Additional reports of NCI Family Survey data collected during the second year of the project will be produced and made available on the website.

Results: Demographics

Graph 1. Age


Graph 2. Gender


The average age of people surveyed was 39.6 years old.

The graph illustrates that of the people surveyed, $55 \%$ were Male and $45 \%$ were Female.

Graph 3. Race


## Graph 4. Ethnicity



The graph illustrates that of the people surveyed, $0 \%$ were American Indian/Alaska Native, $2 \%$ were Asian, $12 \%$ were Black or African American, 0\% were Pacific Islander, and 70\% White.

The graph illustrates that of the people surveyed, 10\% were Hispanic, and $90 \%$ were not.

Graph 5. Level of MR


Graph 6. CA Qualifying Conditions


The graph illustrates the Level of MR of the people surveyed, 15\% had no MR label, 47\% were diagnosed with mild MR, $20 \%$ with moderate MR, $10 \%$ with severe MR, and $4 \%$ had profound MR.

The graph illustrates that of the people surveyed, $81 \%$ had a diagnosis of mental retardation (MR), 12\% were diagnosed with autism, $23 \%$ with cerebral palsy, and $34 \%$ had epilepsy.


Graph 7B. Other Disabilities (continued)


The graph illustrates that of the people surveyed, $0 \%$ had Alzheimer's or Dementia, 1\% had a brain injury, 0\% had a chemical dependency, 11\% were diagnosed with Down Syndrome, 6\% had severe hearing loss, and 31\% had a mental illness diagnosis.

The graph illustrates that of the people surveyed, 0\% had Prader-Willi Syndrome, 7\% had vision impairment, 6\% had other disabilities not listed, and 6\% had no other disabilities.

Graph 8. Type of Residence


Graph 9. Primary Means of Expression


The graph illustrates that of the people surveyed, $2 \%$ live in an Intermediate Care Facility (DD-N and DD-H), 30\% in a Community Care Facility, $28 \%$ in an Independent Living Setting/Supported Living Setting (ILS/SLS), 38\% lived with their parent's or a relative's home, $1 \%$ in a Family Home Agency, and $0 \%$ in a Skilled Nursing Facility (SNF).

The graph illustrates the primary means of expression of the people surveyed: $79 \%$ is spoken, $19 \%$ use gestures or body language, and 2\% other.

Graph 10. Primary Language


The graph illustrates the primary language of $95 \%$ of the people surveyed is English and 5\% speak a language other than English.

Results: Individual Outcomes

## Choice

Graph 11. Chose Home


Graph 12. Looked at More Than One Home


The graph illustrates $56 \%$ of the people surveyed chose or had some input in choosing their home, and $44 \%$ did not.

The graph illustrates $39 \%$ of the people surveyed looked at more than one home, and 61\% did not.

## Graph 13. Chose Home Staff



Graph 14. Chose Roommates


The graph illustrates $73 \%$ of the people surveyed chose or reported being aware they could choose their home staff, and $27 \%$ did not.

The graph illustrates $58 \%$ of the people surveyed chose or had some input in choosing their roommates, and $42 \%$ did not.


Graph 16. Looked at More Than One Job


The graph illustrates $88 \%$ of the people surveyed chose or had some input in choosing their job, and $12 \%$ did not.

The graph illustrates $59 \%$ of the people surveyed looked at more than one job, and $41 \%$ did not.

## Graph 17. Chose Job Staff



Graph 18. Chose Day Activity


The graph illustrates $71 \%$ of the people surveyed chose or reported being aware they could choose their job staff, and 29\% did not.

The graph illustrates $84 \%$ of the people surveyed chose or had some input in choosing their day activity, and $16 \%$ did not.

## Graph 19. Looked at More Than One Day Activity



Graph 20. Chose Day Activity Staff


The graph illustrates $49 \%$ of the people surveyed looked at more than one day activity, and $51 \%$ did not.

The graph illustrates $72 \%$ of the people surveyed chose or reported being aware they could choose their day activity staff, and $28 \%$ did not.

## Graph 21. Chooses Daily Schedule



Graph 22. Chooses How to Spend Free Time


The graph illustrates $88 \%$ of the people surveyed choose their daily schedule, and 12\% do not.

The graph illustrates $96 \%$ of the people surveyed choose or have some input in choosing how to spend their free time, and $4 \%$ do not.

## Graph 23. Chooses What to Buy



Graph 24. Chose Service Coordinator


The graph illustrates $93 \%$ of the people surveyed choose what to buy, and $7 \%$ do not.

The graph illustrates $72 \%$ of the people surveyed chose their service coordinator or are aware they can request a change, and $28 \%$ did not.

## Work

Graph 25. Has a Job in the Community


Graph 26. Type of Job in the Community


The graph illustrates $8 \%$ of the people surveyed have a job in the community, and $92 \%$ do not.

The graph illustrates of those with jobs in the community, $12 \%$ are in individually-supported employment, $55 \%$ are in competitive employment, and $33 \%$ work in group-supported employment.

## Graph 27. Worked 10 Out of Last 12 Months in a Community Job



Graph 28. Average Months at Current Community Job


The graph illustrates $63 \%$ of the people surveyed worked 10 of the last 12 months in community employment, and $37 \%$ did not.

The graph illustrates on average, the people surveyed have been at their current community job for 50.6 months.


Graph 30. Wants a Job in the Community


The graph illustrates 20\% of the people surveyed received benefits from their community employment, and $80 \%$ did not.

The graph illustrates $41 \%$ of the people want a job in the community, and $59 \%$ do not.

Graph 31. Has Integrated Employment as a Goal in ipp


Graph 32. Does Volunteer Work


The graph illustrates $28 \%$ of the people surveyed have integrated employment as a goal in their Individual Program Plan (IPP), and $72 \%$ do not.

The graph illustrates $23 \%$ of the people surveyed do volunteer work, and $77 \%$ do not.

## Community Inclusion

Graph 33. Went Shopping in the Past Month


Graph 34. Average Times Shopping in the Past Month


The graph illustrates $94 \%$ of the people surveyed went shopping in the community in the past month, and 6\% did not.

The graph illustrates on average, the people surveyed went out shopping 4.4 times in the past month.


Graph 36. Average Time Went on Errands in the Past Month


The graph illustrates $75 \%$ of the people surveyed went out on errands in the past month, and $25 \%$ did not.

The graph illustrates on average, the people surveyed went out on errands 2.1 times in the past month.

## Graph 37. Went Out for Entertainment in the Past Month



Graph 38. Average Time Went Out for Entertainment in Past Month


The graph illustrates $76 \%$ of the people surveyed went out for entertainment in the past month, and $24 \%$ did not.

The graph illustrates on average, the people surveyed went out for entertainment 2.2 times in the past month.

## Graph 39. Went Out to Eat in the Past Month



Graph 40. Average Times Went Out to Eat in the Past Month


The graph illustrates $87 \%$ of the people surveyed went out to eat in the past month, and $13 \%$ did not.

The graph illustrates on average, the people surveyed went out to eat 4.0 times in the past month.

## Graph 41. Went Out for Exercise in the Past Month



Graph 42. Average Times Went Out for Exercise in the Past Month


The graph illustrates 50\% of the people surveyed went out for exercise in the past month, and $50 \%$ did not.

The graph illustrates on average, the people surveyed went out for exercise 6.0 times in the past month.

## Graph 43. Went Out to Religious Services in the Past Month



Graph 44. Average Times Went Out to Religious Services in the Past

## Month



The graph illustrates $38 \%$ of the people surveyed went out to religious services in the past month, and $62 \%$ did not.

The graph illustrates on average, the people surveyed went out to religious services 1.4 times in the past month.

## Graph 45. Went on Vacation in the Past Year



Graph 46. Average Times Went on Vacation in the Past Year

## Average Times Went on Vacation



The graph illustrates $44 \%$ of the people surveyed went on vacation in the past year, and $56 \%$ did not.

The graph illustrates on average, the people surveyed went on vacation 0.8 times in the past year.

## Relationships

Graph 47. Has Friends


Graph 48. Has a Best Friend


The graph illustrates $85 \%$ of the people surveyed have friends, and $15 \%$ do not.

The graph illustrates $77 \%$ of the people surveyed have a best friend, and $23 \%$ do not.

## Graph 49. Able to See Friends



## Graph 50. Able to See Family



The graph illustrates 89\% of the people surveyed are able to see friends when they want, and $11 \%$ are not.

The graph illustrates $84 \%$ of the people surveyed are able to see their family when they want, and $16 \%$ are not.

## Graph 51. Can Go On a Date



## Graph 52. Feels Lonely



The graph illustrates $95 \%$ of the people surveyed are able to go on a date if they choose, and $5 \%$ are not.

The graph illustrates $30 \%$ of the people surveyed feel lonely at least some of the time, and $70 \%$ do not.

## Graph 53. Gets to Help Others



The graph illustrates $70 \%$ of the people surveyed get to help others, and $30 \%$ do not.

## Satisfaction

Graph 54. Likes Home


Graph 55. Likes Neighborhood


The graph illustrates $86 \%$ of the people surveyed like their home, and $14 \%$ do not.

The graph illustrates $85 \%$ of the people surveyed like their neighborhood, and $15 \%$ do not.

## Graph 56. Wants to Lives Somewhere Else



## Graph 57. Likes Job



The graph illustrates $21 \%$ of the people surveyed want to live somewhere else, and $79 \%$ do not.

The graph illustrates $87 \%$ of the people surveyed like their job, and $13 \%$ do not.

## Graph 58. Wants to Work Somewhere Else



## Graph 59. Likes Day Activity



The graph illustrates $30 \%$ of the people surveyed want to work somewhere else, and $70 \%$ do not.

The graph illustrates $91 \%$ of the people surveyed like their day activity, and $9 \%$ do not.

## Graph 60. Wants to Go Somewhere Else During the Day



The graph illustrates $18 \%$ of the people surveyed want to go somewhere else during the day, and $82 \%$ do not.

## Service Coordination

Graph 61. Has Met Service Coordinator


Graph 62. Service Coordinator Asks What Person Wants


The graph illustrates $98 \%$ of the people surveyed have met their service coordinator, and $2 \%$ have not.

The graph illustrates $89 \%$ of the people surveyed have a service coordinator who asks them what they want, and $11 \%$ do not.

## Graph 63. Service Coordinator Helps Get What Person Needs



Graph 64. Service Coordinator Calls Back Right Away


The graph illustrates $85 \%$ of the people surveyed have a service coordinator who helps get them what they need, and 15\% do not.

The graph illustrates 76\% of the people surveyed have a service coordinator who calls back right away, and $24 \%$ do not.

## Graph 65. Helped Make IPP



The graph illustrates $93 \%$ of the people surveyed helped make their Individual Program Plan (IPP), and 7\% did not.

## Health

Graph 66. Has a Primary Doctor


## Graph 67. In Poor Health



The graph illustrates $98 \%$ of the people surveyed have a primary doctor, and $2 \%$ do not.

The graph illustrates $2 \%$ of the people surveyed are in poor health, and $98 \%$ are not.

## Graph 68. Had an Annual Physical Exam in the Past Year



Graph 69. Had a Dental Exam in the Past Year


The graph illustrates $77 \%$ of the people surveyed had an annual physical exam in the past year, and 23\% did not.

The graph illustrates $62 \%$ of the people surveyed had a dental exam in the past year, and $38 \%$ did not.

## Graph 70. Had a Vision Screening in the Past Year



Graph 71. Has a Hearing Test in the Past Five Years


The graph illustrates $45 \%$ of the people surveyed had a vision screening in the past year, and 55\% did not.

The graph illustrates $43 \%$ of the people surveyed had a hearing test in the past 5 years, and $57 \%$ did not.

## Graph 72. Had a Pap Test in the Past Three Years for Women



Graph 73. Had a Mammogram in the Past Two Years for Women Over 40


The graph illustrates $63 \%$ of the women surveyed had a pap test in the past 3 years, and $37 \%$ did not.

The graph illustrates $64 \%$ of the women over 40 surveyed had a mammogram in the past 2 years, and $36 \%$ did not.

## Graph 74. Had a PSA Test in the Past Year for Men over 50



Graph 75. Has a Colorectal Cancer Screening in the Past Year for

## People Over 50

Had a Colorectal Cancer Screening in Past Year for Those over 50

$\square$ Yes
$\square$ No

## Graph 76. Had a Flu Vaccine in the Past Year



Graph 77. Had a Vaccination for Pneumonia


The graph illustrates $66 \%$ of the people surveyed had a flu vaccination in the past year, and $34 \%$ did not.

The graph illustrates $31 \%$ of the people surveyed had a vaccination for pneumonia, and $69 \%$ did not.

## Medication

Graph 78. Takes Medication for Mood, Behavior, Anxiety, or Psychotic
Disorder


The graph illustrates $37 \%$ of the people surveyed take medication for a mood, behavior, or anxiety disorder, and $63 \%$ do not.

## Wellness

Graph 79. Engages in Moderate Physical Activity


Graph 80. Uses Tobacco


The graph illustrates $43 \%$ of the people surveyed engage in moderate physical activity (at least 30 minutes, 3 times a week), and $57 \%$ do not.

The graph illustrates $11 \%$ of the people surveyed use tobacco, and 89\% do not.

## Respect and Rights

Graph 81. Has Enough Privacy at Home


Graph 82. Bedroom is Entered Without Permission


The graph illustrates $94 \%$ of the people surveyed have enough privacy at home, and 6\% do not.

The graph illustrates $13 \%$ of the people surveyed have others enter their bedroom without their permission, and 87\% do not.


Graph 84. Can Be Alone With Visitors At Home


The graph illustrates $7 \%$ of the people surveyed have others enter their home without their permission, and 93\% do not.

The graph illustrates $88 \%$ of the people surveyed can be alone with visitors at home, and $12 \%$ cannot.

## Graph 85. Mail or Email is Opened Without Permission



Graph 86. Can Use Phone and Internet Without Restrictions


The graph illustrates 7\% of the people surveyed have their mail or email opened without their permission, and 93\% do not.

The graph illustrates $93 \%$ of the people surveyed can use the phone and internet without restrictions, and 7\% cannot.


Graph 88. Staff at Work are Nice and Polite


The graph illustrates $95 \%$ of the people surveyed reported their staff at home are nice and polite, and 5\% did not.

The graph illustrates $91 \%$ of the people surveyed reported their staff at work are nice and polite, and $9 \%$ did not.


Graph 90. Has Participated in a Self-Advocacy Event


The graph illustrates $92 \%$ of the people surveyed reported their staff at day activity are nice and polite, and 8\% did not.

The graph illustrates $28 \%$ of the people surveyed participated in a self-advocacy event, and $72 \%$ have not.

## Safety

Graph 91. Never Feels Scared at Home


Graph 92. Never Feels Scared in Neighborhood


The graph illustrates $86 \%$ of the people surveyed never feel scared at home, and $14 \%$ do feel scared at home.

The graph illustrates $86 \%$ of the people surveyed never feel scared in their neighborhood, and $14 \%$ do feel scared in their neighborhood.

## Graph 93. Never Feels Scared at Work or Day Activity



Graph 94. Has Someone to Go to for Help if Scared


The graph illustrates $89 \%$ of the people surveyed never feel scared at their work or at their day activity, and $11 \%$ do feel scared at their work or day activity.

The graph illustrates $95 \%$ of the people surveyed have someone to go to for help if scared, and $5 \%$ do not.

## Access

Graph 95. Has Adequate Transportation


Graph 96. Gets Needed Services


The graph illustrates $93 \%$ of the people surveyed have adequate transportation, and 7\% do not.

The graph illustrates $68 \%$ of the people surveyed get needed services, and $32 \%$ do not.

## Graph 97. Staff Have Adequate Training



The graph illustrates $93 \%$ of the people surveyed have adequately trained staff, and 7\% do not.


[^0]:    NATIONAL CORE INDICATORS

[^1]:    ${ }^{1}$ Refer to the California Adult Consumer Survey Report for detailed information about Quality Assessment Project implementation, the NCI, and California's statewide results.

[^2]:    ${ }^{2}$ A randomly selected group of 400 people meets the accepted standard for a representative sample with a $+/-5 \%$ margin of error and a $95 \%$ confidence level. For additional details on sampling and administration methods, please see the California Adult Consumer Survey Report.
    ${ }^{3}$ Refer to the Movers section in the California Adult Consumer Survey Report.

