

Age-Friendly Community Well-Being Survey

This survey was designed for the Arizona Community AGEnda Project to be used as a pre- post-test design to determine the impact that participating in or belonging to an age-friendly community has on the social and emotional well-being of individuals. This survey may be used in other age-friendly work, but it should be known that it may not be appropriate in all settings. This instrument is intended to provide quantitative representation of the impact that participating in age-friendly communities has on life quality and socio-emotional well-being of individuals; it has not undergone robust testing at this time. It is intended as a pre- post-test design, with a post-test administered after an individual has participated in the community for a matter of time. For questions/comments about this tool, please contact Vice President of Programs Marilee Dal Pra, Virginia G. Piper Charitable Trust, mdalpra@pipertrust.org.

For each of the following questions, please indicate how you have felt in the past month:

| | YES | NO |
|---|-----|----|
| Pleased about having accomplished something? | | |
| Lonely or remote from other people? | | |
| Bored? | | |
| Things have gone your way? | | |
| Proud because someone complimented you on something you had done? | | |
| Particularly excited or interested in something? | | |
| Believed that you are contributing to something that matters? | | |

Please circle the number below to indicate how you have felt about your quality of life during the past month.

Lowest quality means things are as bad as they could be.

Highest quality means things are the best they could be.

Lowest quality: 1 2 3 4 5 :Highest Quality

If your quality of life is less than you hope for, how hopeful are you that you will eventually achieve your desired quality of life?

- Not at all hopeful Somewhat hopeful Very hopeful

How would you describe your own personal social life outside your family?

- Much less than I would like it to be
 Somewhat less than I would like it to be
 What I would like it to be

In the past month, to what degree did you interact with your community?

- Hardly at all Some A great deal

How often do you engage in the following activities?

| | NEVER | 1-2 TIMES PER MONTH | ONCE PER WEEK | SEVERAL TIMES PER WEEK |
|--|-------|---------------------|---------------|------------------------|
| Have family/friends in your home | | | | |
| Attend social/cultural events in your community | | | | |
| Attend services at a place of worship | | | | |
| Visit senior centers or community centers | | | | |
| Exercise | | | | |
| Play games with others (cards, chess, etc.) | | | | |
| Informal groups (reading, dance, golf, painting, etc.) | | | | |
| Educational programs (computer, writing, etc.) | | | | |
| Go to work (paid job) | | | | |
| Volunteer (unpaid) | | | | |

Please circle your satisfaction level for the following questions using the scale 1-5 below:

(1) Very dissatisfied (2) Moderately dissatisfied (3) Neither satisfied or dissatisfied (4) Moderately satisfied (5) Very Satisfied

How satisfied are you with the way you spend your time?

1 2 3 4 5

How satisfied are you when you are alone?

1 2 3 4 5

How satisfied are you with your housing?

1 2 3 4 5

How satisfied are you with your neighborhood as a place to live?

1 2 3 4 5

How satisfied are you with your interaction/involvement in your community?

1 2 3 4 5

How satisfied are you with your personal safety?

1 2 3 4 5

Please indicate your interest in the following activities and exchange opportunities:

**this question was designed specifically for use in a community using time banking*

| (PLEASE CHECK ALL THAT APPLY) | I ALREADY PARTICIPATE OR RECEIVE THIS EXCHANGE | I WANT THIS HELP TODAY | I MAY WANT THIS IN THE FUTURE | I COULD PROVIDE THIS TO OTHERS THROUGH TIME BANKING |
|---|--|------------------------|-------------------------------|---|
| Rides to appointments | | | | |
| Transportation to social activities | | | | |
| Daily calls to check in on how I am doing | | | | |
| Help with grocery shopping | | | | |
| Accompany to medical appointments | | | | |
| House cleaning/home maintenance | | | | |
| Yard/pool maintenance | | | | |
| Exercise partner or group | | | | |
| Pet care assistance | | | | |
| Arts/crafts group (painting, sewing, scrapbooking) | | | | |
| Gardening group or community gardening | | | | |
| Meal planning or meal delivery | | | | |
| Recreational outings (hiking, musical & sporting events) | | | | |
| Yoga, relaxation or meditation group | | | | |
| Nutrition assistance | | | | |
| Bible study/prayer group | | | | |
| Travel group | | | | |
| Cooking and/or dinner group | | | | |
| Computer or education courses | | | | |

**this final question is intended to be asked one year after an individual joined or became involved in an age-friendly community*

Because of your participation in the _____ community, would you Agree or Disagree that....

| | STRONGLY DISAGREE | DISAGREE | DON'T KNOW / NO CHANGE | AGREE | STRONGLY AGREE |
|---|-------------------|----------|------------------------|-------|----------------|
| I know more people than I used to | | | | | |
| I talk to more people than I used to | | | | | |
| I leave my home more than I used to | | | | | |
| I participate in activities and events more than I used to | | | | | |
| I feel healthier than I used to | | | | | |
| I feel happier than I used to | | | | | |
| My quality of life is better | | | | | |
| I am less lonely than I used to be | | | | | |
| I know more about community services than I used to | | | | | |
| I am more likely to get the medical care I need, when I need it | | | | | |
| I am more likely to know how to get assistance when I need it | | | | | |
| I am more likely to be able to stay in my own home as I get older | | | | | |