



COMMUNITY ASSETS FOR VITAL AGING: QUESTIONNAIRE

*How does your community measure up on these assets for vital aging?
 Please circle a response for each item.*

A. MEETING BASIC NEEDS

Excellent Adequate Poor Don't know

A1. Housing

- | | | | | |
|---|---|---|---|---|
| a. Affordable rental apartments | 3 | 2 | 1 | ? |
| b. Affordable houses and condos for homeowners | 3 | 2 | 1 | ? |
| c. Assisted living units | 3 | 2 | 1 | ? |
| d. Long-term care units with skilled nursing | 3 | 2 | 1 | ? |
| e. Other alternatives (e.g., home-sharing, adult foster care) | | | | |

A2. Services to help older adults live at home. *Check services available:*

- Home health care Housekeeping Yard work Snow shoveling
 Heavy cleaning Home repairs Volunteer visitor program Home grocery
 Home pharmacy delivery Personal care service Religious group support, like parish nursing, etc. Phone "buddy" program to check up on people

A3. Nutrition. *Check services available:*

- Home-delivered "meals on wheels" Senior Nutrition Program or group meals
 Home grocery delivery

A4. Safety

- | | | | | |
|--|---|---|---|---|
| a. Older adults feel secure in their homes | 3 | 2 | 1 | ? |
| b. Older adults feel secure in their neighborhoods | 3 | 2 | 1 | ? |

A5. Health Care. *Check services available:*

- Medical clinic Dentist Chiropractor Pharmacy Eye exams Mental Health
 Available hospital Ambulance service Urgent care clinic Alternative medicine

A6. Financial Security. *Check services available:*

- Employment opportunities for older workers Social services, food shelf available for low income seniors
 Trustworthy help with banking, taxes, insurance, and legal aid

Excellent Adequate Poor Don't know

A7. Support for caregiving

a. Respite care (volunteer comes in and gives the care giver a break)	3	2	1	?
b. Senior day care	3	2	1	?
c. Hospice program for the terminally ill	3	2	1	?
d. Caregiver support groups	3	2	1	?

A8. Information about basic services. *Check how you find out about services:*

Newspapers Internet (computer) postings Radio TV Word of mouth
 Churches & faith-based institutions Senior center, library, other public agencies
 Agency referrals

B. ENCOURAGING COMMUNITY INVOLVEMENT

B1. Navigating the community

a. Streets, businesses, houses clearly labeled	3	2	1	?
b. Parking available	3	2	1	?
c. Handicap accessibility	3	2	1	?
d. Sidewalks, especially in busy areas	3	2	1	?
e. Sidewalks/paths are maintained	3	2	1	?
f. Benches in public areas, along walks	3	2	1	?
g. Timing of traffic lights & marked crosswalks	3	2	1	?

B2. Affordable, accessible transportation

a. Bus	3	2	1	?
b. Dial-a-ride van or circulator van	3	2	1	?
c. Volunteer driver program	3	2	1	?

d. Transportation is available for (*check as many as apply*):

Medical appointments Shopping/haircuts Social/religious events

1-2 days per week Most weekdays Evenings/weekends

B3. Support for community participation

a. Contributions of older adults recognized	3	2	1	?
b. Intergenerational activities promoted	3	2	1	?
c. Range of opportunities for volunteering	3	2	1	?
d. Older adults participating as civic leaders	3	2	1	?
e. Welcoming environment for diversity	3	2	1	?

B4. Meeting places. *Check what is available:*

Senior center Park center Library Other community center

C. PROMOTING A HIGH QUALITY OF LIFE

C1. Opportunities for exercise. *Check what is available:*

Walking/biking paths Swimming pool with adult swim times or aquacises
 Fitness center/gym Other indoor recreation (bowling, handball, tennis, etc)
 Other outdoor recreation (golf, tennis, horseshoes, skiing, etc)

C2. Education/outreach programs for health and wellness. *Check what is available:*

Classes Health fairs Free preventive health checkups

C3. Creative arts activities. *Check what is available:*

Crafts clubs Drama group Making music Storytelling Dance group
 Visual arts group Having fun!

C4. Education. *Check what is available:*

Classes Discussion groups Trips Speaker forums Mental exercises
 Intergenerational learning activities (youth and older adults together)
 Programs to encourage spiritual growth

C6. Social/Economic vitality.

	Excellent	Adequate	Poor	Don't know
a. Shopping	3	2	1	?
b. Encouragement for start-ups	3	2	1	?
c. Opportunities for employment	3	2	1	?
d. Opportunities to share knowledge and skills	3	2	1	?

D. OVERALL COMMUNITY PERSPECTIVE

D1. Is it a good community for vital aging? 3 2 1 ?

D2. What would make it better? *Write in your suggestion(s):*

Prepared by Jan Hively, VAN's Senior Advisor, with Amy Wilde and the Southwest MN Foundation "Senior Friendly Communities" project, and with the 2004 VAN Summit Program Committee. Please try it out and then send your suggestions for change to van@umn.edu.