

1. How would you evaluate your overall health, would you say you are:

- In good physical health. No significant illnesses or disabilities. Only routine medical care such as annual checkups required.
- Moderately physically impaired. You have one or more diseases or disabilities which are either painful or which require substantial medical treatment.
- Severely physically impaired. You have one or more illnesses or disabilities which are either severely painful or life threatening, or which require extensive medical treatment.

2. What about the amount of social support you receive from your family, friends, and the like? When you have the need to talk to someone or go on outings with friends and/or relatives, do you feel there is someone who fulfills these needs?

- High degree of social support. Much support is available, if needed, from family and friends.
- Average degree of social support from family and friends is given or potentially available.
- Below average degree of social support. While some support is available from friends, there is no family member to help.
- No support is available.

3. Which of the following best describes your capacities to perform everyday activities:

- You can perform all physical activities of daily living without assistance.
- You can perform all physical activities without assistance but may need some help with the heavy work such as laundry and housekeeping.
- You regularly require help with certain physical activities and/or heavy work but can get through any single day without help.
- You need help each day but not on a 24 hour basis.

4. Can you do your own housework:

- Without help
- With some help
- Completely unable to do any housework
- Other (please explain)

5. Can you go shopping for groceries?

- Without help
- With some help
- Completely unable to do any shopping

6. Can you prepare your own meals?

- Without help
- With some help
- Completely unable to prepare meals
- Other (Please explain)

7. Age category

- 50-55
- 55-60
- 60-65
- 65-70
- 70-75
- 75-80
- 85+

8. Do you rent or own your home?

- Own
- Rent
- Other (please explain)



- 9. What is the best way for you to get information about services available for seniors and families in Hinton?**
- Word of mouth (from family, neighbours or friends)
 - Newspaper
 - Local radio station
 - Posters at shopping areas and popular public areas
- 10. Think about recreational opportunities for seniors in Hinton. What would you like to see offered to the community that is not already available?**
- 11. Please identify what you like about services and recreational opportunities in Hinton.**
- 12. Please identify areas for improvement for services and recreational opportunities in Hinton.**

