

Indicators List: Essential Elements of an Elder Friendly Community

Percentage of people age 65+ who report their community is a good place to live

ADDRESSES BASIC NEEDS

- **Affordable housing is available to community residents**
 1. Percentage of people age 65+ who spend $\geq 30\%$ / $< 30\%$ of their income on housing
 2. Percentage of people age 65+ who want to remain in their current residence and are confident they will be able to afford to do so
- **Housing is modified to accommodate mobility and safety**
 3. Percentage of householders age 65+ in housing units with met/unmet home modification needs
- **The neighborhood is livable and safe**
 4. Percentage of people age 65+ who feel safe/unsafe in their neighborhood
 5. Percentage of people age 65+ who report few/multiple problems in the neighborhood
 6. Percentage of people age 65+ who are satisfied with the neighborhood as a place to live
- **People have enough to eat**
 7. Percentage of people age 65+ who report cutting the size of or skipping meals due to lack of money
- **Assistance services are available and residents know how to access them**
 8. Percentage of people age 65+ who do not know whom to call if they need information about services in their community
 9. Percentage of people age 65+ who are aware/unaware of selected services in their community
 10. Percentage of people age 65+ with adequate assistance in basic daily activities

OPTIMIZES PHYSICAL AND MENTAL HEALTH AND WELL-BEING

- **Community promotes and provides access to necessary and preventive health services**
 11. Rate of vaccination and screening for various conditions among people 65+ (e.g., breast cancer, glaucoma, hypertension, prostate cancer, etc.)
 12. Percentage of people age 65+ who felt depressed or anxious and have not seen a health care professional (for those symptoms)
 13. Percentage of people age 65+ whose physical or mental health interfered with their activities in the past month
 14. Percentage of people age 65+ who report being in good to excellent health
- **Opportunities for physical activity are available and used**
 15. Percentage of people age 65+ who participate in regular physical exercise
- **Obstacles to use of necessary medical care are minimized**
 16. Percentage of people age 65+ with a usual source of care
 17. Percentage of people age 65+ who failed to obtain needed medical care (due to cost, transportation, etc.)
 18. Percentage of people age 65+ who had problems paying for medical care



- 19. Percentage of people age 65+ who had problems paying for prescription drugs
- 20. Percentage of people age 65+ who had problems obtaining dental or vision care
- **Palliative care services are available and advertised**
- 21. Percentage of people age 65+ who have used or know how to access palliative care services

MAXIMIZES INDEPENDENCE FOR THE FRAIL AND DISABLED

- **Transportation is accessible and affordable**
- 22. Percentage of people age 65+ who have access to public transportation
- **The community service system enables people to live comfortably and safely at home**
- 23. Percentage of people age 65+ with adequate assistance in activities of daily living (e.g., toileting, dressing, eating, mobility, and transferring)
- 24. Percentage of people age 65+ with adequate assistance in instrumental activities of daily living (e.g., cooking, shopping, taking medications, light housekeeping, and transportation to medical visits and recreation)
- **Caregivers are mobilized to complement the formal service system**
- 25. Percentage of people age 65+ who provide help to the frail or disabled
- 26. Percentage of people age 65+ who are able to get respite/rest from their caregiving activity

PROMOTES SOCIAL AND CIVIC ENGAGEMENT

- **Residents maintain connections with friends and neighbors**
- 27. Percentage of people age 65+ who socialized with friends or neighbors in the past week
- **Civic, cultural, religious, and recreational activities include older residents**
- 28. Percentage of people age 65+ who attended church, temple, or other in the past week
- 29. Percentage of people age 65+ who attended movies, sports events, clubs, or group events in the past week
- 30. Percentage of people age 65+ who engaged in at least one social, religious, or cultural activity in the past week
- **Opportunities for volunteer work are readily available**
- 31. Percentage of people age 65+ who participate in volunteer work
- **Community residents help and trust each other**
- 32. Percentage of people age 65+ who live in "helping communities"
- **Appropriate work is available to those who want it**
- 33. Percentage of people age 65+ who would like to be working for pay

