Year 2 Assessment



Ongoing Research on Aging in New Jersey Bettering Opportunities for Wellness in Life



INSTRUCTIONS

Please complete each question by writing your answer in the space provided or by choosing among the responses provided.

If you are torn between two answers, choose the <u>one</u> you think is better.

As you complete the booklet, please try to avoid skipping any question or item.

If you have questions or need assistance in completing this form, please call us toll-free at 1-877-NJ-AGING (1-877-652-4464).

Upon completing this questionnaire, please return it to ...

ORANJ BOWL[™] Research Program New Jersey Institute for Successful Aging 42 East Laurel Road, Suite 2300 Stratford, New Jersey 08084

... using the pre-addressed, post-paid envelope provided.

Section One: SIGNIFICANT LIFE EVENTS

1. In what month and year did you begin living at your current address?

MONTH

YEAR

2. Now please focus on the past 12 months. For each and every item below, be sure to answer either "Yes" or "No."

		Yes	No
а.	In the past 12 months, did you change your place of residence?		
b.	In the past 12 months, did an adult child leave home?		
с.	In the past 12 months, did an adult child move back home with you?		
d.	In the past 12 months, did you move in with an adult child?		
е.	In the past 12 months, did you assume responsibility for a sick or elderly loved one?		
f.	In the past 12 months, did you lose a job unexpectedly?		
g.	In the past 12 months, were you diagnosed with a major illness or condition?		
h.	In the past 12 months, were you involved in an accident in which you were seriously injured?		
i.	In the past 12 months, were you the victim of a crime?		
<i>j</i> .	In the past 12 months, were you or a close family member arrested for violating the law?		
k.	In the past 12 months, did a close family member become seriously ill or injured?		
l.	In the past 12 months, did a close family member die?		
т.	In the past 12 months, did a close friend die?		
n.	In the past 12 months, did you gain a new close family member through marriage, birth, or adoption?		

Check that you have marked "Yes" or "No" for each item before continuing.

Section Two: YOUR AGING EXPERIENCE

1. Please think about your aging experience. Using a scale from 0 to 10 where 0 means "Not Successful At All" and 10 means "Completely Successful," please tell me which number best describes your aging experience?

Not Successful At All										Completely Successful
0	1	2	3	4	5	6	7	8	9	10

- 2. Please mark the <u>one</u> box that best describes how strongly you agree or disagree with each of the following three statements.
 - *a*. As I grow older, things seem better than I thought they would be.

Agree Completely	Agree Mostly	Agree Somewhat	Disagree Somewhat	Disagree Mostly	Disagree Completely

b. As I look back on my life I am fairly well satisfied.

Agree	Agree	Agree	Disagree	Disagree	Disagree
Completely	Mostly	Somewhat	Somewhat	Mostly	Completely

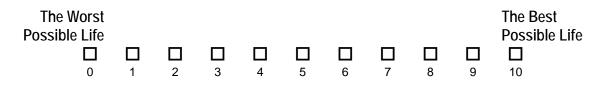
c. These are the best years of my life.

Agree	Agree	Agree	Disagree	Disagree	Disagree
Completely	Mostly	Somewhat	Somewhat	Mostly	Completely

3. Now, please think about your life as a whole. How satisfied are you with it?

Very	Somewhat	Not Very	Not At All
Satisfied	Satisfied	Satisfied	Satisfied

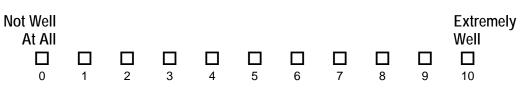
4. Using a scale from 0 to 10, where 0 means "the worst possible life" and 10 means "the best possible life", how would you rate your life these days?



5. Please mark the *one* box to best describe your level of agreement or disagreement with each of the following statements.

	Agree Strongly	Agree Mostly	Agree A Little	Disagree A Little	Disagree Mostly	Disagree Strongly
<i>a.</i> In general, I look forward to each new day about as much as I always have.						
 b. I think my daily life now is not nearly as interesting and fulfilling as it has been through- out most of my lifetime. 						
<i>c</i> . I may be getting along in years, but I continue to feel life is worth living about as much as I ever have.						
<i>d</i> . I feel I no longer can engage in activities that bring me pleasure.						
<i>e</i> . Even though things may change, my life continues to be about as much fun as it always has been.						
<i>f</i> . Considering the hand life had dealt me, I feel that I have accomplished pretty much what I could have hoped for at this point in my life.						
g. I am not as happy now as I was when I was younger.						

6. Please think about your aging experience. Using a scale from 0 to 10, where 0 means "Not well at all" and 10 means "Extremely well", what number would you choose to describe how well you are aging?



Section Three: APPROACH TO LIFE

Please mark the <u>one</u> box that best describes your level of agreement or disagreement with each of the following statements. Please try to be as honest and as accurate as possible, keeping in mind that there are no right or wrong answers.

		Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1.	I am not a worrier.					
2.	I like to have a lot of people around me.					
3.	I don't like to waste my time daydreaming.					
4.	I try to be courteous to everyone I meet.					
5.	I keep my belongings neat and clean.					
6.	I often feel inferior to others.					
7.	I laugh easily.					
8.	Once I find the right way to do something, I stick to it.					
9.	I often get into arguments with my family and co-workers.					
10.	I'm pretty good about pacing myself so as to get things done on time.					
11.	When I am under a great deal of stress, sometimes I feel like I'm going to pieces.					
12.	I don't consider myself especially "light-hearted."					
13.	I am intrigued by the patterns I find in art and nature.					
14.	Some people think I'm selfish and egotistical.					

		Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
15.	I am not a very methodical person.					
16.	I rarely feel lonely or blue.					
17.	I really enjoy talking to people.					
18.	I believe letting students hear controversial speakers can only confuse and mislead them.					
19.	I would rather cooperate with others than compete with them.					
20.	I try to perform all tasks as- signed to me conscientiously.					
21.	I often feel tense and jittery.					
22.	I like to be where the action is.					
23.	Poetry has little or no effect on me.					
24.	I tend to be cynical and skep- tical of others' intentions.					
25.	I have a clear set of goals and work toward them in an orderly fashion.					
26.	Sometimes I feel completely worthless.					
27.	I usually prefer to do things alone.					
28.	I often try new and foreign foods.					
29.	I believe that most people will take advantage of you if you let them.					

		Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
30.	I waste a lot of time before settling down to work.					
31.	I rarely feel fearful or anxious.					
32.	I often feel as if I'm bursting with energy.					
33.	I seldom notice the moods or feelings that different environ- ments produce.					
34.	Most people I know like me.					
35.	I work hard to accomplish my goals.					
36.	I often get angry at the way people treat me.					
37.	I am a cheerful, high-spirited person.					
38.	I believe we should look to our religious authorities for decisions on moral issues.					
39.	Some people think of me as cold and calculating.					
40.	When I make a commitment, I can always be counted on to follow through.					
41.	Too often, when things go wrong, I get discouraged and feel like giving up.					
42.	I am not a cheerful optimist.					
43.	Sometimes when I am reading poetry or looking at a work of art, I feel a chill or wave of excitement.					
44.	I'm hard-headed and tough- minded in my attitudes.					

		Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
45.	Sometimes I'm not as depend- able or reliable as I should be.					
46.	I am seldom sad or depressed.					
47.	My life is fast-paced.					
48.	I have little interest in specula- ting on the nature of the uni- verse or the human condition.					
49.	I generally try to be thoughtful and considerate.					
50.	I am a productive person who always gets the job done.					
51.	I often feel helpless and want someone else to solve my problems.					
52.	I am a very active person.					
53.	I have a lot of intellectual curiosity.					
54.	If I don't like people, I let them know it.					
55.	I never seem to be able to get organized.					
56.	At times I have been so ashamed I just wanted to hide.					
57.	I would rather go my own way than be a leader of others.					
58.	I often enjoy playing with theories or abstract ideas.					
59.	If necessary, I am willing to manipulate people to get what I want.					
60.	I strive for excellence in everything I do.					

Section Four: HEALTH

1. In which of the following ways would you rate your overall health at the present time:

	Excellent	Very Good	Good	Fair	Poor	Very Poor
2.	How much do you we	igh, in pounds, v	vithout shoes	?	PC	UNDS
3.	3. How many visits, if any, have you made to a hospital emer- gency room <i>during the past 12 months</i> ? Please include only those visits for which you were the patient.					Y ROOM VISITS
4.	For how many nights, hospital <i>during the pa</i>	• •	been admitte	ed to the	NI	GHTS

5. Now think about your experiences *during the past 12 months* and, for each and every item below, answer either "Yes" or "No."

	Yes	No
a. In the past 12 months, did you receive a dental check-up?		
<i>b</i> . In the past 12 months, have you had your blood pressure taken by a doctor, nurse, or other health professional?		
c. In the past 12 months, have you had your cholesterol levels checked?		
d. In the past 12 months, have you had a physical exam or regular check-up?		
e. In the past 12 months, have you had a flu shot?		
f. In the past 12 months, have you had a bone density test or Dexascan?		
g. In the past 12 months, have you had a prostate exam?		
<i>h.</i> In the past 12 months, have you had a blood test to screen your PSA or Prostate Specific Antigen level?		

Check that you answered "Yes" or "No" for every item before continuing.

Section Five: GENERAL OUTLOOK

Please mark the <u>one</u> box that best describes your level of agreement or disagreement with each of the following statements.

		I Agree A Lot	l Agree A Little	l Neither Agree Nor Disagree	l Disagree A Little	l Disagree A Lot
1.	In uncertain times, I usually expect the best.					
2.	It's easy for me to relax.					
3.	If something can go wrong for me, it will.					
4.	I'm always optimistic about my future.					
5.	I enjoy my friends a lot.					
6.	It's important for me to keep busy.					
7.	I hardly ever expect things to go my way.					
8.	I don't get upset too easily.					
9.	I rarely count on good things happening to me.					
10.	Overall, I expect more good things to happen to me than bad.					

Thank you for your continued participation in the ORANJ BOWL[™] Research Program!

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