

Ageing Well Mental Health, Physical And Well-being 2013 Evaluation Report

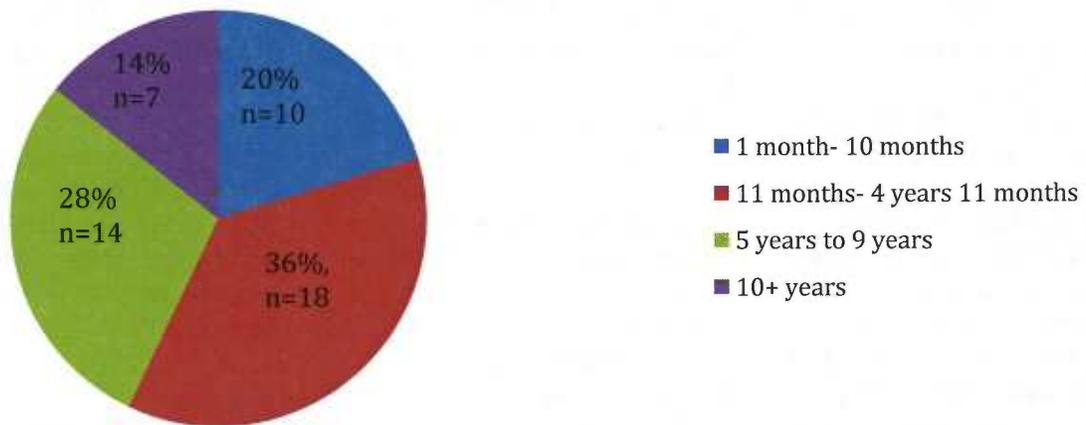
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Face-to-face interviews were conducted at two affordable housing facilities. On February 25, 2013 twenty-five interviews were completed at Eaton Terrace. On February 27, 2013 twenty-five interviews were completed at Arvada House. A total of 50 residents partook in the survey rating their overall physical, mental and emotional well-being.

Time Lived at Facilities

This section looked at how long residents lived at each facility. The answers were grouped, since some responses were in months and years. For a list of time lived in years see appendix. Out of 50 residents one did not answer this question. Out of 49 residents, 36% have lived at their facility for 11 months to 4 years 11 months; while 14% have lived at their facility for 10+ years. When looking at the responses by years, 10% have lived at their facility for 6 years. This was the largest time frame that residents have lived at each facility.

How Long Residents Have Lived At The Facilities



Employment Status

Out of 50 residents, 49 answered the question on employment status. Of the residents interviewed 86% are retired and 12% are on disability. The one person who did not answer this stated that they have never worked.

Life Today Compared To Three Years Ago

The residents were asked how they perceived their life today compared to three years ago. Below is the chart that represents the responses. "N" represents the number of older adults who answered. The percentages are as follows: 26% had stated that their life was worse today compared to three years ago, 52% stated better and 22% stated the same. Out of the eleven who did not choose better or worse, they stated that they felt their life was the same as it had been three years ago.

Personal View of Quality Of Life Today Compared To Three Years Ago



These residents were also asked why they felt their life was better, worse or the same today compared to three years ago. Responses in the chart below are typed verbatim from the surveys and are categorized under better, worse or same.

<u>Better</u>	<u>Worse</u>	<u>Same</u>
A lot Better. Moved out of daughter's house.	I have slowed down and forget more.	In between, neither better nor worse. Arthritis can be a problem.
I like living here (Eaton Terrace) and in Colorado.	Arthritis pain, CHF	Always been active, good attitude, happy and received good news from that doctor about her diabetes.
I was living with my son. Have more opportunities to exercise and volunteer. Can get out more.	Broke a hip and had to move here. Before I was able to live alone.	Had a blood clot, after surgery made myself walk. So I would not leave the hospital in a wheelchair.
Previous housing was more difficult. Everything is inside here.	Found out about lymphoma and has heart problems.	Less worries.
Very busy-which I love. I like living here (Eaton Terrace). Over the trauma of living in assisted living, and I have a lot of friends.	Legs give out on me.	Same- no explanation
Improved confidence, health, and socialization.	I do not drive anymore.	Same- not as agile
Basically good health, only some medicines.	Heart valve problem is slowing me down.	Same- no explanation
Knee replaced and got dentures	Diabetic complications	Same- no explanation
When living alone I did not eat well. Activities here have been helpful.	Macular degeneration, many surgeries and many strokes	Depends on the day and weather.
Socialization and support.	Does not get around as well, lacks transportation.	Stable
Off anti-depressants, lost weight.	Because of health	Own a mobile home (son has it), slower here. Does not have to do

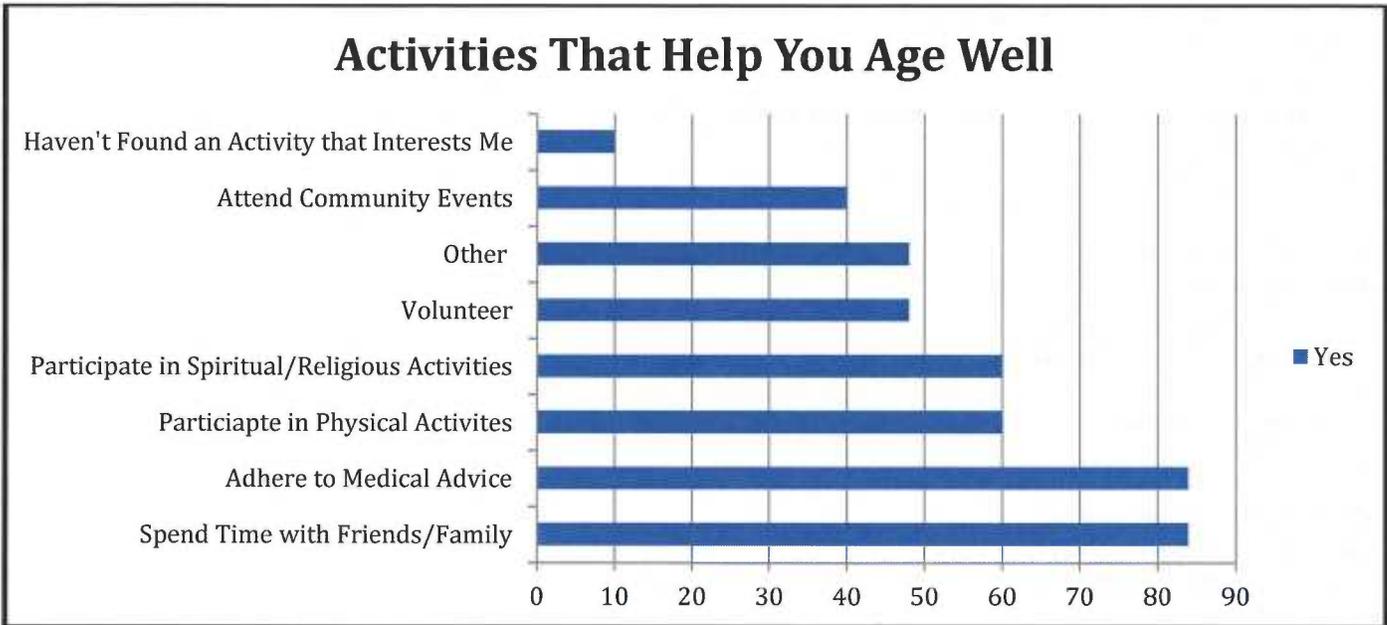
		yard work and can do whatever I want to.
Health is better. People here are so nice. I help with my paralyzed daughter who lives here with me.	Health	
15-20 years was a steep down slope. Doing well this year.	MRI, messed up her hands	
Except for the death of my son recently.		
Pacemaker put in, remission from cancer for three years.		
Was caregiving but had open-heart surgery. I love where I live (Arvada House).		
3 years colon cancer survivor.		
No pain		
Breathing, MFDs? and walking has improved. Less seizures		
Was living in Heritage Apartments, working part time, on social security and struggling to live there, lost care. Now better that I moved.		
Because of Arvada House		
I have friends and family here. Husband died and moved here.		
Couldn't afford rent, having medical problems, and etc. before moving.		
Health is deteriorating a bit. Health problems.		
No problems with taxes and mortgage		

Physical And Emotional Well-Being And Overall Quality Of Life

These three questions asked the residents to rate their overall physical and emotional well-being and their overall quality of life. All 50 residents answered these three questions. The results are shown in the chart below.

How would you rate the following	% Excellent	% Good	% Fair	% Poor
Physical well-being	16% (n=8)	52% (n=26)	24% (n= 12)	8% (n=4)
Emotional well-being	2% (n=1)	14% (n=7)	62% (n=31)	22% (n=11)
Overall quality of life	0	14% (n=7)	60% (n=30)	26% (n=13)

Activities That Help One Age Well In Jefferson County



The numbers on the x-axis (0 through 90) represents the percentage of residents that said these activities helps them age well in Jefferson County. Spending time with friends and family and adhering to medical advice had the highest percentage of 84%. Next, 60% of the residents are participating in spiritual/religious activities and participating in physical activities. This is followed by 48% stating volunteering or other. Then, 40% stated they attend community events. Finally, 10% stated they have not found activities that interest them. For the list of the activities that were stated as other please see the appendix. Some trends found in the other section are art activities, crossword puzzles, games, pot lucks and physical therapy to name a few.

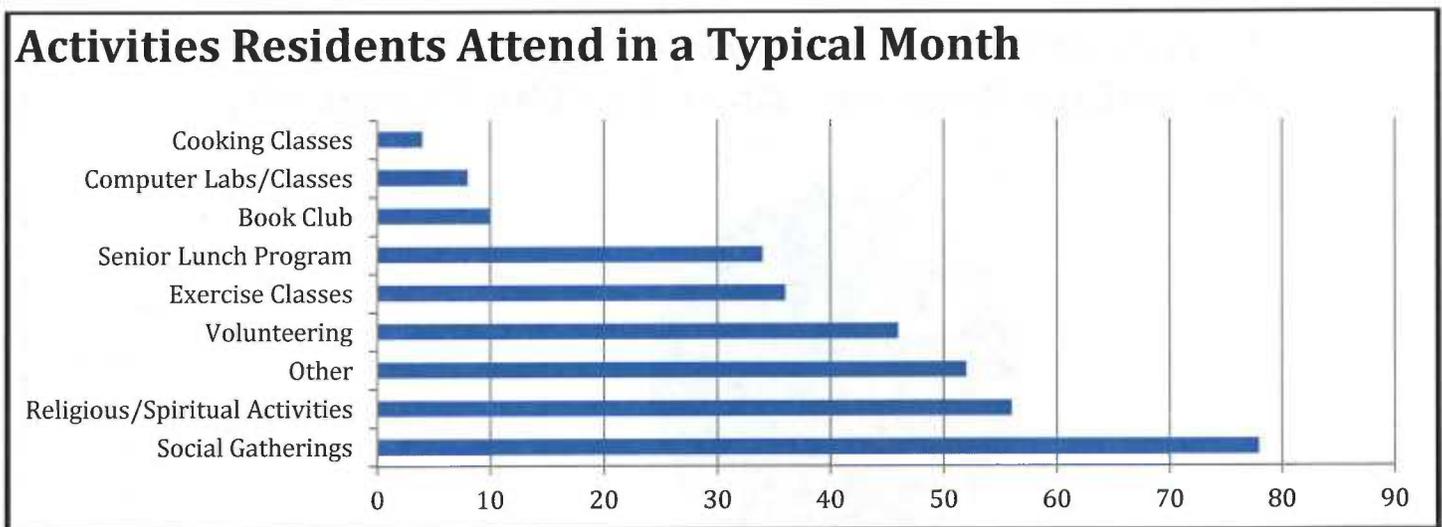
Looking Back Over The Past 12 Months, How Much Of A Problem, if At All, Has Each Of The Following Been For You?

The table below shows the percentage and number of older adults who answered none, minor, medium and major for each of the following statements. The majority of older adults answered that none of the following statements have been a problem for them. There are a small percentage of older adults who are affected in some way by each of the following statements.

	None	Minor	Medium	Major
Feeling depressed	62% (n=31)	24% (n=12)	8% (n=4)	6% (n=3)
Experiencing confusion/ forgetfulness	48% (n=24)	42% (n=21)	10% (n=5)	0
Feeling isolated	78% (n=39)	12% (n=6)	2% (n=1)	2% (n=1)
Having interesting social events or activities to attend	74% (n=37)	10% (n=5)	8% (n=4)	6% (n=3)
Not attending activities due to a mobility problem	82% (n=41)	6% (n=3)	6% (n=3)	6% (n=3)
Not attending activities due to hearing/vision problem	80% (n=40)	10% (n=5)	2% (n=1)	8% (n=4)

In A Typical Month What Activities Do You Attend

The chart below shows what activities these older adults attend in a typical month. The majority of older adults stated they attend social gatherings 78% (n=39). This is followed by 56% (n=28) religious/spiritual activities, 52% (n=26) stating other, 46% (n=23) stating volunteering, 36% (n=18) exercise classes, 34% (n=17) senior lunch program, 10% (n=5) book club, 8% (n=4) computer labs/classes and 4% (n=2) cooking classes.



Number Of Activities Residents Attend At The Facility

Because of the way some older adults answered this question the numbers were grouped together. To see the exact responses please see the appendix. One person did not answer this question. The majority of the older adults (58%, n=29) interviewed stated they attend between 1 to 5 activities where they live. Four older adults (8%) stated they do not attend any activities where they live.

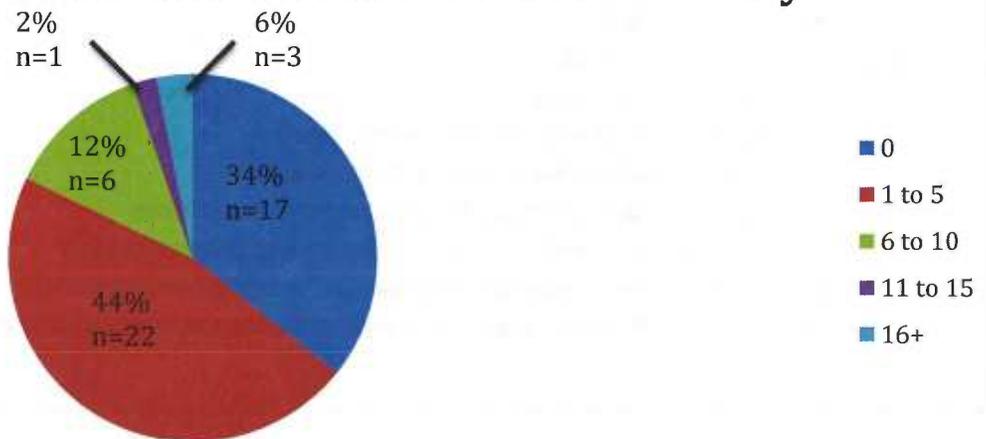
Number Of Activities/Presentations/Informal Gatherings Residents Attend Where They Live



Number Of Activities Residents Attend In Their Community

Out of 49 responses, 44% (n=22) attend 1 to 5 activities in their community. However, 34% (n=17) of older adults do not attend any activities in the community. This can be due to numerous reasons, such as, lack of transportation or money or the facility they live at has everything they need. This is covered more in the next question.

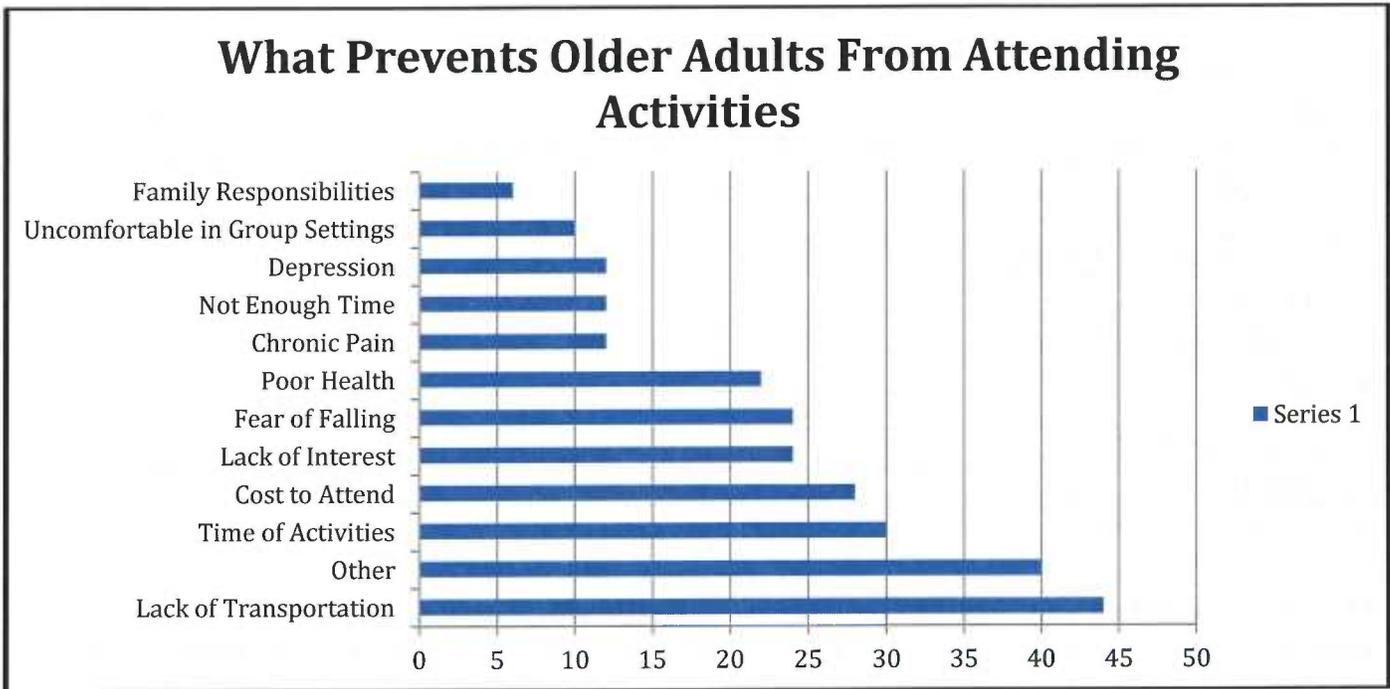
The Number Of Activities/Presentations/Informal Gatherings Residents Attend In The Community



What Prevents Older Adults from Attending Activities

All 50 older adults answered this question and they selected all options that applied to their current situation. The majority of older adults (44%) do not attend activities due to lack of transportation. This was followed by other (40%), time of activities (30%), cost to attend (28%) fear of falling (24%), lack of interest (24%), poor health (22%), chronic pain (12%), not enough time (12%), depression (12%), uncomfortable in group setting (10%) and family responsibilities (6%). Most of the other comments could fit into one of these categories. One interesting

response was the impact of weather. A couple older adults stated that if the weather was bad, they would not attend an activity. While another one said if there were stairs they would not attend. For a full list of other see the appendix.



If You Were Having Feelings Of Loneliness, Sadness Or Depression, How Likely Would You Be To Seek Professional Services?

Out of the older adults surveyed, 44% (n=22) would not seek services and 54% (n=27) would seek services, one person did not answer this question. Below are the reasons why they would not seek services. This question illustrates that there is still a negative stigma with mental health care. This question also shows that many individuals do not see how mental health care can really help and how important it can be to seek professional help. Many stated they could get over their sadness/depression on their own or could go to a friend/family member for help. While this form of support is important it does not always help to treat the issue. When providing services to older adults, it is important to realize the differences in age (i.e. young versus old and young old versus oldest old). Putting an older adult in a group with twenty something years old can be very intimidating and hard to relate. This is also the case when working with 60 year olds versus 80 years olds. It is important to realize the differences in ages and needs even if they are all considered older adults. The table below lists reasons why some would not seek resources.

Reasons They Would NOT Want To Seek Resources

Already goes to the doctor every month gets information from him and learned how to take care of herself years ago.

Financial reasons

Just handles it- doesn't get that depressed, can find a friend to talk to

Resolve self

Time

Doesn't want to go

Has experience with it and deals with it herself- goes and does something (i.e. read)

No/None (x5)

They don't help

Tried it, they put me in with younger people

I walk around

No- at this point already have resources available (already seek them regularly)

Thinks it's foolish

Unknown

Expense- I ask for help from friends.

Doesn't want to go

Uses friend or pastoral assistance

Very optimistic

Weather

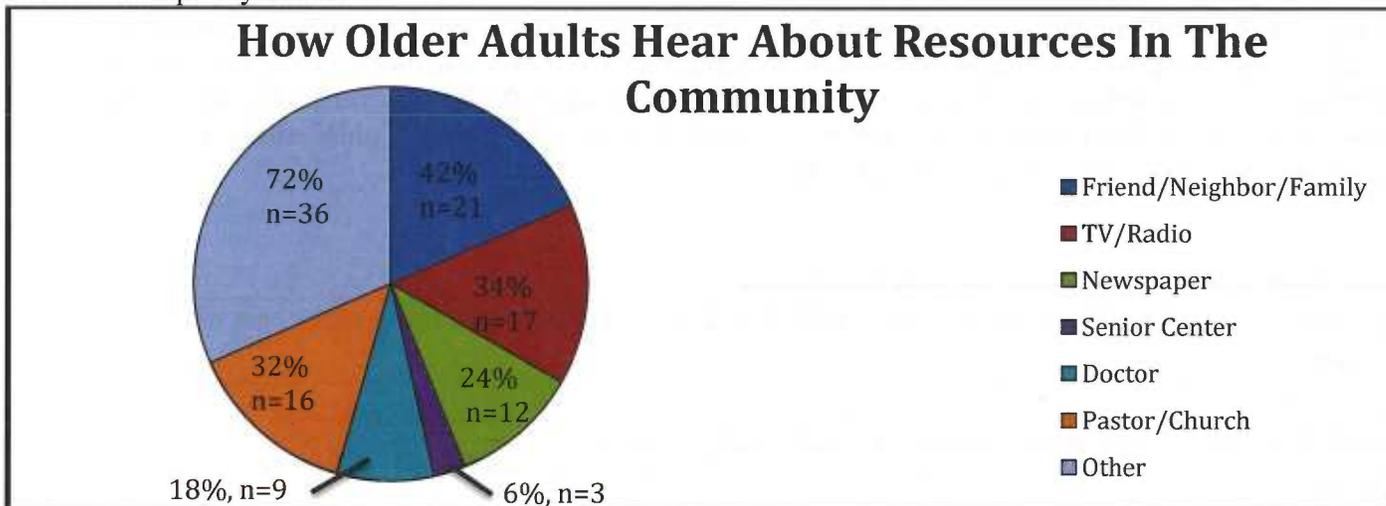
Would work it out with self

Would call family

Would talk to daughter or son

How Do Older Adults Hear About Resources/Activities In The Community?

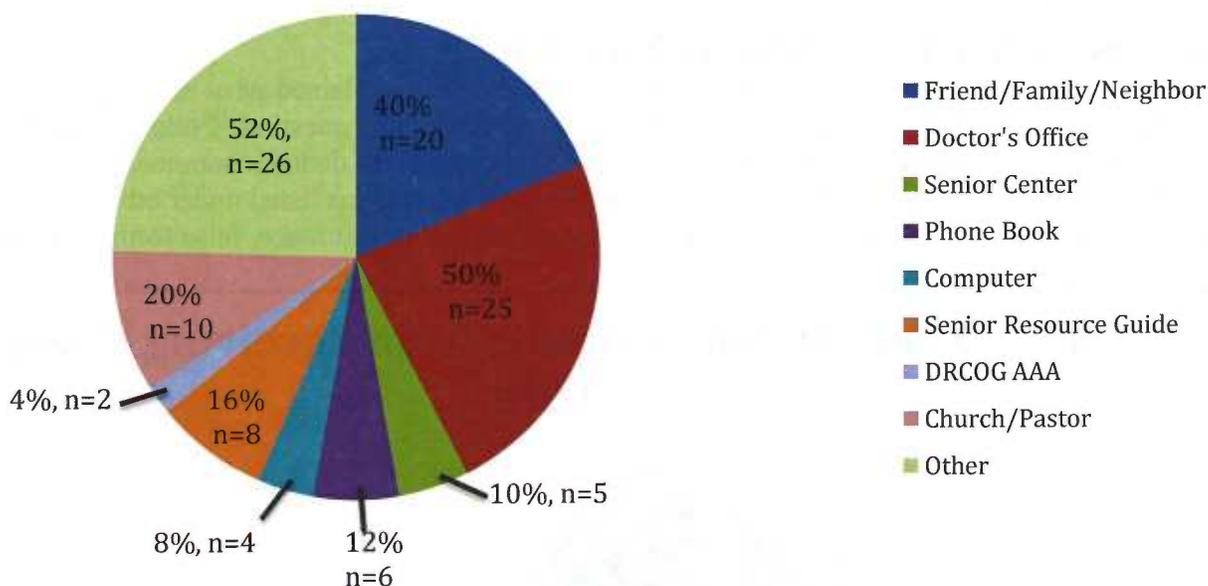
All 50 older adults who were interviewed answered this question. They were allowed to pick as many options that were relevant to their situation. The majority (72%, n=36) stated they heard from other. From these 36 responses, 30 of them stated it was through their facilities (i.e. social worker, bulletin board, etc.). This shows how much these older adults rely on the facilities they are living at. This was followed by 42% (n=21) stated they heard of resources from friends/family/neighbors, 34% (n=17) from TV/radio, 32% (n=16) from a pastor or church, 24% (n=12) newspaper, 18% (n=9) from doctor and 6% (n=3) from a senior center. Even though this is a small survey, it shows that there is an underutilization of doctors providing resources. Doctors are taught what questions to ask in medical school and get to know their patients; this should be one of the first places an older adult goes to for help. Senior centers are also underutilized as well. Many older adults do not attend senior centers due to money, lack of transportation or they do not feel they are old enough to attend. Senior centers can be a one-stop shop for information and referrals on activities and resources, which have a positive impact on an individuals' quality of life.



Where Do Older Adults Look To Find Resources To Help With Physical And Mental Well-Being

All 50 older adults interviewed answered this question. The majority of older adults, 52% (n=26), other; the majority specified other as help through their facility. Followed by 50% (n=25) stating doctor, 40% (n=20) friends/family/neighbors, 20% (n=10) pastor or church, 16% (n=8) senior resource guide, 12% (n=6) phone book, 10% (n=5) senior center 8% (n=4), computer, 4% (n=2) DRCOG Area Agency on Aging (AAA).

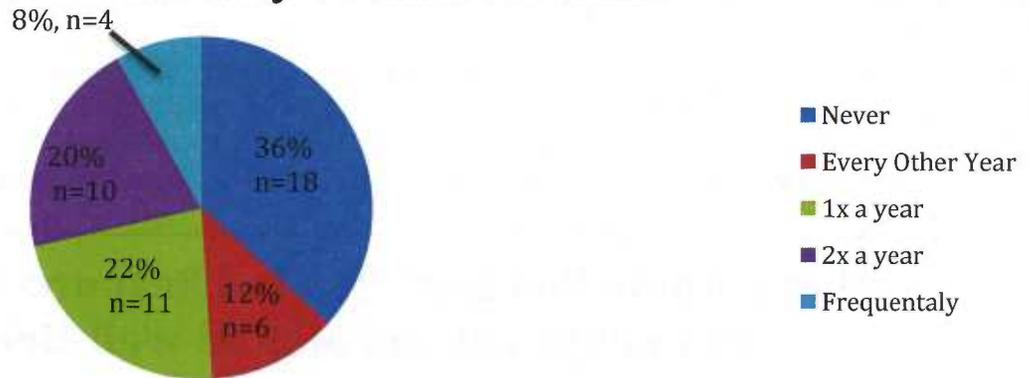
Where Would You Look To Find Resources To Help With Physical And Mental Well-Being



How Often Do You Visit A Dentist?

This pie chart shows how often older adults visit a dentist. Out of 50 older adults, 49 answered this question. 36% (n=18) stated they never visit a dentist. This could be that they just do not go or many of them had dentures and had no need to go to the dentist any more. Followed by 22% (n=11) go once a year, 20% (n=10) go twice a year, 12% (n=6) go every other year and 8% (n=4) go frequently. When the interviews were being conducted frequently was not an option but because many older adults stated frequently it was added in when compiling the data.

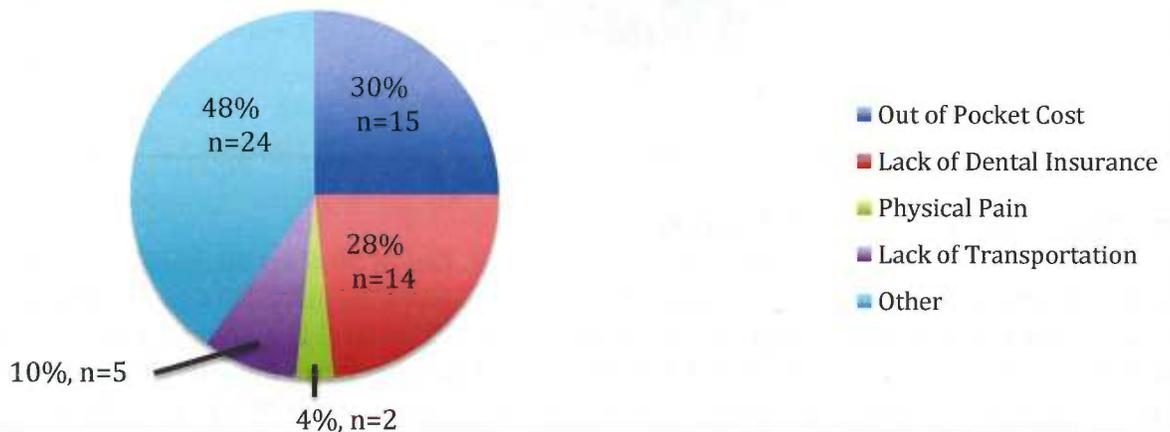
How Often do you Visit a Dentist?



What Prevents You From Receiving Dental Care

Older adults who stated they visit the dentist less than twice a year explained what might prevent them from receiving dental care. Out of 50 older adults 36 of them answered this question. Followed by 48% (n=24) stated other, 30% (n=15) stated out of pocket cost, 28% (n=14) stated lack of dental insurance, 10% (n=5) stated lack of transportation and 4% (n=2) stated physical pain. Some of the reasons listed under other were dentures, has good teeth and does not see the need to go, cost too much even with insurance, false teeth (implants), their teeth do not bother them and avoidance of pain.

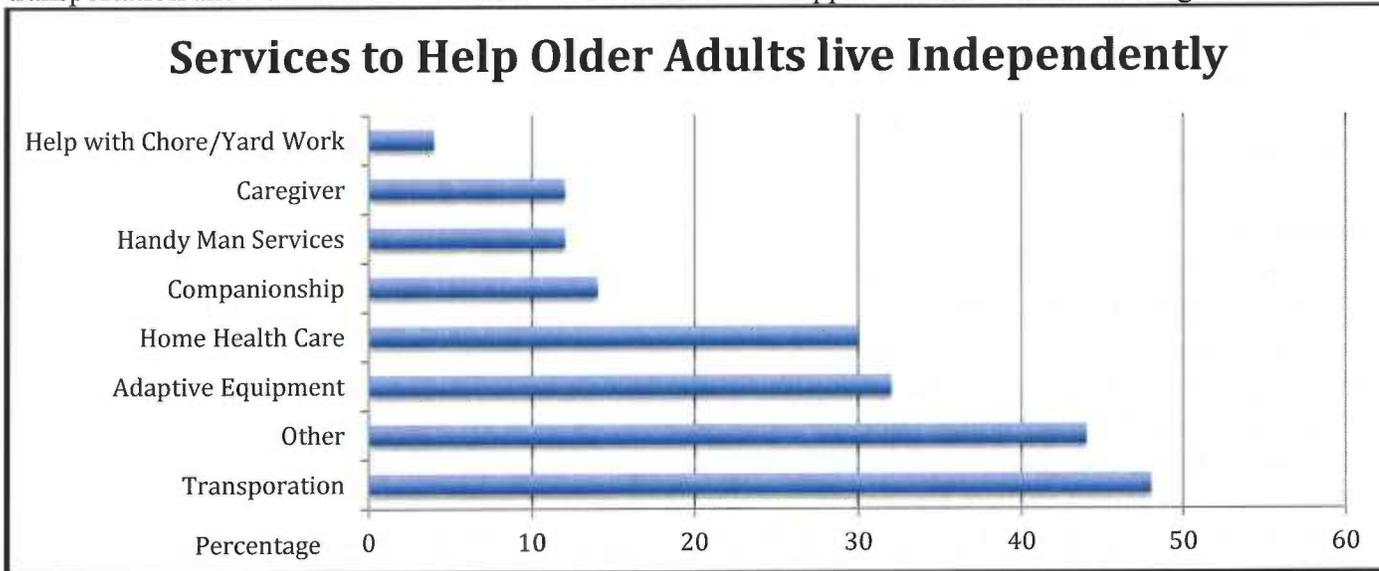
What Prevents Older Adults from Receiving Dental Care



Service To Help You Live Independently

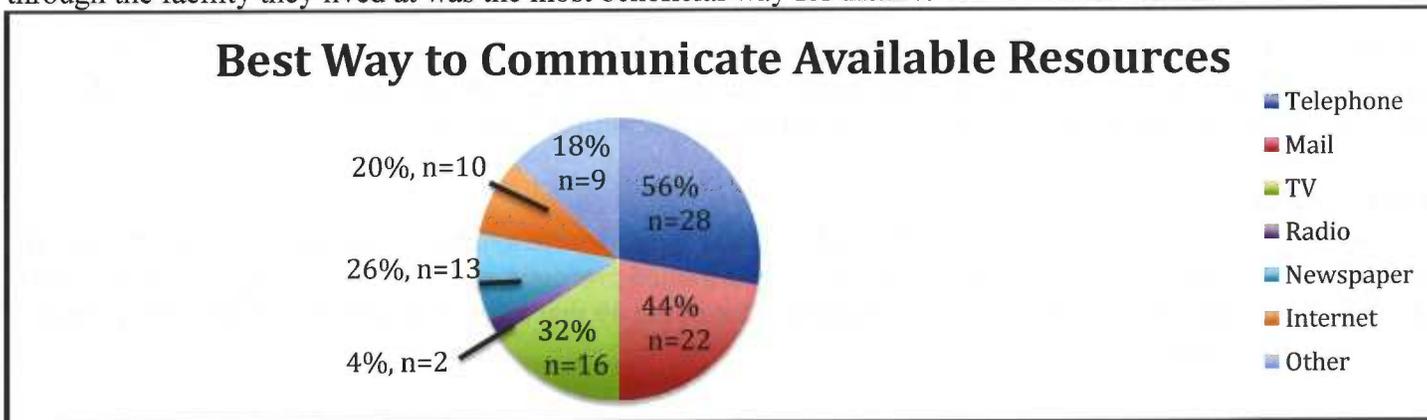
Out of the 50 older adults interviewed, 46 answered this question. Transportation was the number one service older adults felt would help them live independently (48%, n=24). Followed by 44% (n=22) stating other, 32% (n=16) adaptive equipment, 30% (n=15) home health care, 14% (n=7) companionship, 12% (n=6) caregiver and handy man services and 4% (n=2) chore/yard work. Many people who stated other articulated that they did not need any services at the present or they have help from the facility/family member. Even though only 46 older adults answered this question it shows that many older adults do not think about the future and what services they may need to help them. Next, it shows how much older adults rely on the facility they live in. One reason

why chore/yard work could be so low is due to the fact that these individuals have smaller apartments and do not have yards; therefore, they do not need the help. Finally, it rearticulated the importance of having help with transportation and how vital it is to attend activities and other appointments as individuals age.



Communicating Resources

The best way to communicate about resources that are available in Jefferson County is through the telephone 56% (n=28). This was followed by 44% (n=22) mail, 32% (n=16) TV, 26% (n=13) other, 20% (n=10) newspaper, 18% (n=9) Internet and 4% (n=2) radio. For all the older adults who stated other, they felt that through the facility they lived at was the most beneficial way for them to learn about resources.



Use Of Computer

Out of the older adults that were interviewed, 34% use a computer at least one time a week and 62% do not use a computer at all. Looking at the individuals who do use a computer, 26% use email, 24% conduct Internet searches, 12% use Facebook and 22% stated other. The ones who stated other specified the following: eleven play games, one shops and one writes letters.

Health And Wellness Directory For Jefferson County

Out of the 49 older adults who answered this question 74% (n=37) stated they would use a health and wellness directory for Jefferson County. The other 24% (n=12) stated they would not use one.

List Of Activities Older Adults Are Interested In, But Have Not Found In The Community

- Loves to dance
- Arts, books-haven't found an outlet for them
- Avalanche and lacrosse games
- Chair exercises, food provided through the facility
- Computer classes and dental work here at Eaton Terrace
- Concerts, music
- Crochet groups
- Dancing, tennis
- Everything is here and in the community
- Funds to pay for computer classes
- Going to concerts
- I'm pleased with the activities here. I enjoy music and dancing
- Needs more people to play bridge with
- Recovery sessions at church
- Volunteering in animal shelters for seniors
- Wants more live musicals and plays, trips to mountains, computer classes, wants to get back to Curves, counseling support for dementia
- 8 people stated nothing

Looking at this list, many of these activities can be found; however, it seems that the price to attend is too much for these older adults. It could be that they are not offered through their facility or they just do not know where to look for these activities.

If These Activities Were Available Would You Be Willing And Able To Pay For Them?

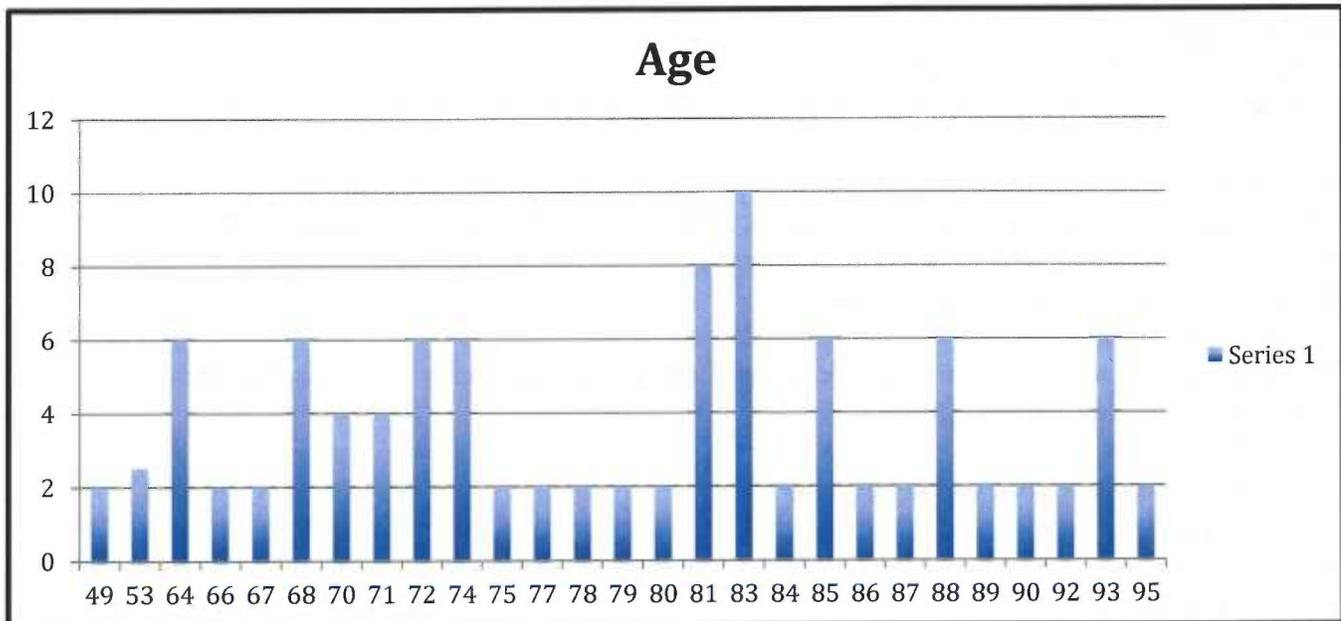
Out of 50 older adults, 26 individuals did not answer because they did not list any activities. Out of the older adults that answered this question 26% (n=13) stated yes and 22% (n=11) stated no.

Phone Support

The older adults that were interviewed were asked if phone support were available that provided them a support group or coaching from the comfort of their home from a trained professional in the area of depression, alcohol and other health related issues would they participate. Out of the 49 that answered 48% (n=24) answered yes and 50% (n=25) answered no.

Demographics

Out of the older adults surveyed 86% (n=43) were female and 14% (n=7) were male. Their ages range from 49 to 95 years old. On the chart below the numbers on the x-axis (49-95) represent the ages listed in the survey and the y-axis lists the percentages of older adults who stated their age.



Income

Out of the 50 older adults interviewed 48 answered that their approximate monthly income was greater than \$1,000 or less than \$1,000. These older adults, 42% (n=21) stated their income was less than \$1,000 and 54% (n=27) stated it was greater than \$1,000. However, many of the older adults interviewed who stated greater than \$1,000 told interviewers they were only over \$1,000 by a few hundred dollars and some not even that much.

Race/Ethnicity

Out of the 50 older adults interviewed, 48 answered this question. They listed their race and ethnicity as follows, 2% (n=1) other, 8% (n=4) Hispanic/Latino and 86% (n=43) White/Caucasian. The one person stated other specified it as Hungarian.

Marital Status

Looking at the marital status of the older adults interviewed, 40% (n=20) divorced and 40% (n=20) are widowed. Out of the rest, 16% (n=8) are single and 4% (n=2) are married.

Suggestions To Help Age Well In Jefferson County

- Activities, transportation, theatre/movies cheaper costs
- Be interested in life, be active don't wait to call family and friends
- Better transportation
- Options-reasonable fees
- Can't think of a thing

- Cheaper transportation, go to the library more, attend the recreation center more (cost)
- Cognitive and spiritual activities, creative activities, computer, exercise, eating well
- County does a good job
- Do things for other people-don't think about yourself
- Does good things that are good for him
- Don't smoke, exercise, drink moderately, walk, genes
- Don't tell anybody what to do
- Everything is pretty much covered here
- Exercises, eat vegetables, fresh fruit, calcium, vitamins, medications, follow doctors' orders
- Get off your couch and move!
- Help qualifying for Medicaid- Gwen the social worker is going to help her with this
- Help with grocery shopping, transportation to activities, help with heavy household chores
- Horrible food at Eaton Terrace- needs better/fresh veggies. Need more options for residents that meet their nutritional needs. New qualified cook.
- I'm aging well- I don't see how it could be any better
- The staff here is so nice, interesting, challenging things to do, community activities, has friends
- Jefferson County does a good job
- Keep active
- Keep active, walk, get out of your apartment
- Keep moving
- Less noise at K-mart
- Local newspaper/channel 8
- Socialization
- Modify social security benefits rules when seniors work (for 65-70). Lots of waste in helping industry
- More activities here. More get togethers here, social gatherings. Show me how to do things-knitting, reading, would like to read/spell better
- More attention to facilities-horrible more healthy choice. More fresh fruit/veggies
- More independent assisted living settings with all services
- More information for older adults, more activities made available-swimming, dancing, lunches, transportations at low cost, go down town to concerts
- More transportations
- No
- No, they do a pretty good job here
- None
- Not really has had great services through Jefferson County
- Opportunities are here, live a good life, good genes, socialization small support group
- Transportation to outside community activities, including church
- Trips to other places (like hobby lobby, Kohl's, and museums) don't make a snap decision (moving into a senior facility) transportation for vet services
- Very happy with her life, weight loss clubs, tops

Limitations

There are three main limitations to this survey. First, interviews were only conducted at two affordable facilities in Lakewood and Arvada, Colorado. As a result, this provided a small sample that does not fully represent

Jefferson County as a whole. Second, the majority of the older adults who participated in the survey are active. It is harder to reach the non-active older adults because they normally do not attend activities in their facilities. Third, while conducting face-to-face interviews at Arvada House we were in a small room, which was very loud. Besides the noise, being in a small room made it hard to hear the person that was being interviewed and could have resulted in the older adults not providing responses that were how they really felt due to the lack of privacy.

Conclusion

Even with the small sample size, this survey depicts how much older adults rely on the facilities they live at for resources and activities. Income seems to play a role in how much an individual interacts in the community. Many older adults find it hard to afford or find transportation to attend activities and other appointments. This survey also correlates with current research on the negative stigma of mental health care. Overall, this survey shows how many low-income older adults rely on the facilities they live in and the effects these facilities have on their overall quality of life. Many older adults stated how their life is better since they have moved into their current facilities.

Appendix

Length Lived At The Facility In Years

- 1 month
- 2 months (x2)
- 4 months
- 6 months (x3)
- 9 months
- 10 months
- 1 year 2 months
- 1 year 5 months
- 1 years 6 months (x2)
- 2 years (x2)
- 2 years 1 month
- 2 years 6 months
- 3 years (x4)
- 3 years 1 month 1 week
- 3 years 4 months
- 3 years 6 months
- 4 years
- 4 years 6 months
- 5 years
- 6 years (x4)
- 7 years
- 7 years 6 months
- 8 years (x4)
- 9 years (x2)
- 11 years
- 11 years 6 months
- 13 years (x2)
- 14 years
- 15 years
- 16 years

Number Of Activities They Attend Where They Live Per Month

- 0 (x4)
- 1 (x5)
- 1-2 (x2)
- 2 (x2)
- 2-3 (x3)
- 3 (x7)
- 3-4
- 4 (x4)
- 4-8
- 5 (x6)
- 5-10
- 6 (x2)
- 8
- 10 (x2)
- 10-15 (x2)
- 12 (x2)
- 16
- 24
- 25 (x2)
- 30

Number Of Activities They Attend In The Community Per Month

- 0 (x17)
- 1 (x2)
- 1-2
- 2 (x3)
- 2-3
- 3 (x3)
- 4 (x7)
- 4-5
- 4-6
- 5 (x3)
- 6 (x3)
- 7
- 8
- 12
- 12-16
- 15
- 20
- Monthly

Below Is The List Of What Residents Listed As Other For Each Question

What Are You Doing To Age Well In Jefferson County?

- Arts/plays
- Baby sits
- Calls bingo 3 times a week. Goes to lunch. Goes shopping
- Commodities pot lucks
- Crossword puzzles, computer games, reading
- Crossword puzzles, read, TV
- Enjoys Colorado mountains and everything about Jefferson County
- Exercises in her apartment
- Food drives, lack of interest since living here so long

- Writing her life story, PEO (education group)
- Gambling
- Helps people in the facility
- Painting, scrapbooking
- Participating in a lot of activities
- Physical therapy (x2)
- Positive attitude
- Read religious books

- Swim three times a week, responsible for library on her floor, also volunteers at Children's Hospital
- Talking books, walks in the building
- Transportation is a problem
- Walk
- Water color, music, attends trips that the facility offers, reads, computer
- Wellness program

In A Typical Month What Activities Do You Attend?

- Art painting
- Bingo
- Bridge
- Bridge on-line
- Family dinner
- Family, play cards
- Helps other residents/was a floor representative
- Library
- Meetings: food committee
- Gambling (Blackhawk)
- Entertainment-cocktail party here at Eaton Terrace
- Monthly pot luck, outside classes that come in, read at library
- None (x2)
- Once a month luncheon, activities through Arvada House

- Physical Therapy
- Pot luck
- Pot lucks, trips
- Read
- Read a lot by self
- Read a lot at home
- Spends time with another family, watching movies, eating
- Time with family, birthday parties
- Walk stairs
- Wellness committee
- Works out on her own, puts out the flyers for the activities department, makes phone calls, substitutes for people who can't make their activities. Gives juice to the residents

What Prevents You From Attending Activities/Presentations/Informal Gatherings?

- Activities here at the facility are for old people
- Bad weather, no nighttime activities
- Can't go up the stairs and get into homes. Doesn't like to take her walker in homes with white carpets.
- Care for daughter
- Had a ski accident 7 years ago- still in my mind. Willing if someone would get into it with me.
- Health issues

- I can do whatever I want to – not a problem. Family is close-takes me places
- If there is too much walking
- Just didn't want to
- Likes alone time
- Motivation
- None
- Not knowing about activities
- Nothing
- Plays piano
- Reads a lot
- Snow

- Weather

How Do You Usually Hear About Resources/Activities In The Community?

- Activity board
- Activity calendar
- Arvada House
- Arvada House bulletin board
- Board
- Computer
- Coordinator
- Doesn't hear
- Flyers
- Flyers at Eaton Terrace (x3)
- From Eaton Terrace staff
- Here at Eaton Terrace including wellness committee
- Human resources
- In house information
- Jefferson County Mental Health Center
- Notices in elevator
- Philanthropic Educational Organization (PEO) sisters
- Posting on board
- Right here at the assisted living facility
- The facility (x5)
- This facility and through volunteering
- Through Eaton Terrace
- Through facility bulletin board
- Word of mouth

If You Needed To Find A Resource That Could Help With Your Physical Or Mental Well-Being, How Would You Find These Resources?

- Arvada House
- Calendar
- Coordinator (x2)
- Eaton Terrace (x 6)
- Gwen- Social worker at Eaton Terrace (x4)
- Local newspaper
- People living here
- Son
- This facility, newsletter thru the mail
- This facility (x3)
- Was a social worker for years-knows a lot of the resources in the community

If Less Than Two Times A Year, What Prevents You From Receiving Dental Care?

- Dentures (x 5)
- Don't have teeth in- can't get myself to do it
- Don't need it that often anymore
- Don't need to
- Expensive despite dental insurance
- False teeth
- Had no denture issues till recently- hadn't been in 30 years
- Has false teeth, haven't needed to go since '81
- Has had good teeth
- Has implants- still paying for them (\$4,000)
- Has partial teeth, doesn't need too
- Hates to go
- No dental problems that they know of
- No reason
- Not since 3 years ago, has a mouthful of new teeth (\$4,000)
- Rehab- had not time while there
- Teeth are in good shape
- Teeth don't bother me

- Time, avoidance of pain

What Services Would Be Most Helpful To You To Remain Living Independently In Your Current Home?

- Daughter helps with laundry
- Daughter helps with transportation and grocery shopping
- Doesn't know, good right now
- Doing fine right now
- Don't know
- Facility helps with everything I need. Has family to help care give.
- Family
- Has all here
- Has everything she already needs
- Has everything she needs
- Has Kaiser to help
- Hasn't needed any help so far
- Have tub made into shower (walk-in tub)
- Knows where to get them if she needs them
- None
- Nothing yet
- Nothing, I am okay
- They have everything here
- Using family and SRC for transportation
- Vision Services and getting to Saint Andres can be difficult
- Walker
- Well step up here, they help you

What Is The Best Way To Communicate To You About The Resources Available In Jefferson County?

- Arvada House
- Don't know
- Eaton Terrace
- Email
- Friend/family, meeting here at Eaton Terrace
- Monthly meeting here at Eaton
- Post in the facility
- Posting in senior high rises this facility
- Through a friend
- Through facility