



Indicators List: Essential Elements of an Elder Friendly Community

ADDRESSES BASIC NEEDS

Affordable housing is available to community residents

1. Percentage of people age 65+ who spend >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 ADL and/or IADL activities

OPTIMIZES PHYSICAL AND MENTAL HEALTH AND WELL-BEING

Community promotes and provides access to necessary and preventive health services

11. Rates of screening and vaccination for various conditions among people 65+
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 felt depressed or anxious and have not seen a health care professional (for those symptoms)

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
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 care or eyeglasses

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 (ADL)
24. Percentage of people age 65+ with adequate assistance in instrumental activities of daily living (IADL)

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 get respite/relief 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