

1. Tell us about your day yesterday, or a day last week.

What happened that day?

Help us understand your experience that day. Write in the spaces below to tell us what you were thinking, seeing, saying, doing, feeling, and hearing.



Please continue on the back →

2. For the day that you described, or more generally...

What were you trying to achieve?

1.

2.

3.

What do/did you need to achieve this?

1.

2.

3.

What made it difficult to achieve this?

1.

2.

3.

What single change would make the biggest impact for you?

Please tell us a bit about yourself.

Age _____

Gender _____

Zip Code _____

I am (check all that apply):

- An older adult
- A caregiver for an older adult
- A service provider for older adults

I consider my biggest challenge to be...