Melissa’s SURVEY FOR SENIORS
Below is a survey well designed for seniors, covering Physical, Cognitive, Social, an
Autobiographical memory domain. I decided to ask those survey questions to my 65-year-old aunt
and below are her answers.
Physical Domain
1. How would you rate your overall physical health?
• Excellent / Good / Fair / Poor
Answer: Fair
2. Do you experience any difficulty with mobility (e.g., walking, climbing stairs)?
• Never / Sometimes / Often / Always
Answer: Often
3. How often do you engage in physical activities such as walking, stretching, or exercising?
• Daily / A few times a week / Rarely / Never
Answer: A few times a week
4. Do you feel any chronic pain or discomfort that affects your daily life?
• Yes, often / Occasionally / Rarely / No
Answer: Rarely
Cognitive Domain
1. How would you describe your ability to remember recent events or conversations?
• Very good / Good / Fair / Poor
Answer: Fair
2. Do you find it easy to concentrate on tasks such as reading or solving puzzles?
• Always / Most of the time / Occasionally / Rarely
Answer: Most of the time
3. Have you noticed any changes in your ability to recall names, dates, or facts over the past
year?
• No change / Slight change / Moderate change / Significant change
Answer: Slight change

4. How often do you engage in activities that challenge your mind (e.g., crossword puzzles,
reading, learning new skills)?
• Daily / A few times a week / Rarely / Never
Answer: Daily
Social Domain
1. How often do you interact with family or friends (in person, phone calls, or online)?
• Daily / Weekly / Monthly / Rarely
Answer: Daily
2. Do you feel satisfied with the quality of your social relationships?
• Very satisfied / Satisfied / Neutral / Unsatisfied
Answer: Satisfied
3. Have you partic