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