**Aaliyah’s Survey For Seniors**

Physical

1. How would you describe your overall physical health today?
2. Do you find it easy to move around your home or outside?
3. Have you experienced any falls or balance issues in the past 6 months?
4. How often do you engage in physical activity (e.g., walking, stretching)?

Cognitive

1. Do you feel you can concentrate well on tasks like reading or puzzles?
2. Have you noticed any changes in your memory recently?
3. How confident are you in making everyday decisions (e.g., shopping, appointments)?
4. Do you ever feel confused about time, places, or people?

Social Life

1. How often do you talk with friends or family each week?
2. Do you feel lonely or isolated?
3. Are you part of any community, hobby, or church groups?
4. Do you enjoy social gatherings or prefer quiet time?

Autobiographical Memories

1. What is one of your happiest childhood memories?
2. Can you share a memory of a major life event that shaped who you are today?
3. What is your biggest accomplishment?
4. Is there a memory you often think about often?