

Older People's Quality of Life

WHO questionnaire OPQOL-35

Received 13 completed surveys

Almost half of regularly attending members

Choices were:

Strongly Agree, Agree, Neither,

Disagree, Strongly Disagree

Thinking about both the good and bad things that make up your quality of life, how would you rate the quality of your life as a whole?

Very Good: 9
Good: 4

Alright, Bad, Very Bad: 0

First of EIGHT SECTIONS

Life Overall

1. I enjoy my life overall
2. I am happy much of the time
3. I look forward to things
4. Life gets me down

Overwhelmingly positive, only one lets life get him (somewhat) down

Second of EIGHT SECTIONS

Health

5. I have a lot of physical energy
6. Pain affects my well-being
7. My health restricts me looking after myself or home
8. I am healthy enough to get out and about

Although pain impacts a few of us, all of us can take care of himself and home.

Third of EIGHT SECTIONS

Social Relationships

09. My family, friends or neighbors would help me if needed
10. I would like more companionship or contact with others
11. I have someone who gives me love and affection
12. I'd like more people to enjoy life with
13. I have my children around which is important

No problem here, with only 1 member wanting more contacts

Fourth of EIGHT SECTIONS

Independence, control over life, freedom

14. I am healthy enough to have my independence
15. I can please myself with would I do
16. The cost of things compared to my income restricts life
17. I have a lot of control over the important things in my life

We all have high independence and control of things, with a few of us having some cost issues

Fifth of EIGHT SECTIONS

Home and Neighborhood

18. I feel safe where I live
19. The local shops, services and facilities are good overall
20. I get pleasure from my home
21. I find my neighborhood friendly

We all live in safe and friendly surroundings

Sixth of EIGHT SECTIONS

Psychological and Emotional well-being

- 22. I take life as it comes and make the best of things
- 23. I feel lucky compared to most people
- 24. I tend to look on the bright side
- 25. If my health limits social/leisure activities, then I will compensate and find something else to do

We all feel good about our lives, although one person does feel too limited by health issues

Seventh of EIGHT SECTIONS

Financial Circumstances

26. I have enough money to pay for household bills
27. I have enough money to pay for household repairs or help needed in the house
28. I can afford to buy what I want to
29. I cannot afford to do things I would enjoy

We all have enough money to enjoy life

Eight of EIGHT SECTIONS

Leisure and Activities

30. I have social or leisure activities/hobbies I enjoy doing
31. I try to stay involved with things
32. I do paid/unpaid work/activities that give me a role in life
33. I have responsibilities to others that my activities
34. Religion, belief or philosophy is important to quality of life
35. Cultural/religious events/festivals are important to me

We all are involved with life and religious-like events are important to most of us

Summary

Overwhelmingly well-off and Positive

A volunteer group and travel to get here

Only one can not get what he wants ...

People with issues are not in our group

People with issues didn't fill out a survey?

Or simply did not want to admit to sharing their realities?

California Master Plan for Aging - Ventura

Ages	0-59	60-79	80+
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2025	75%	21%	4%
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2040	70%	21%	9%
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10 Year blueprint of vision & commitment

Create a MPA DASHBOARD by 2030

to measure progress

California Dept of Public Health - Ventura

Statistics for Seniors 65 or above

11% In poverty

19% Live alone

4% Speak little or no English

12% Have Alzheimer's

54% Housing and cost burdened