

## Domains and Indicators of Healthy Aging

### **A. Demographics**

1. Age
2. Gender
3. Living arrangements
4. Language
5. Race
6. Ethnicity
7. Living children and their proximity
8. Country of origin

### **B. Access to Care**

1. Health insurance status
2. Regular source of care and frequency of MD and ER visits
3. Health care proxy

### **C. Health Promotion, Disease Prevention, and Wellness**

1. Self-reported health status
2. Numbers of prescription and non-prescription medications
3. Problems paying for prescription medications
4. Immunizations (flu shot and pneumococcal vaccine)
5. Screenings (blood pressure reading, hearing test, eye exam, dental exam, mammogram, colonoscopy, bone mass)
6. Physical activity
7. Tobacco use
8. Connection to family, neighbors, and friends
9. Frequency of leaving the home
10. Caregiver identification and status

### **D. Health Conditions**

1. Diagnosis and management of health conditions (diabetes, lung disease or breathing problems, high blood pressure, heart disease)
2. Diagnosis of stroke, arthritis, osteoporosis, eye disease, HIV/AIDS, Parkinson's disease, thyroid disease, obesity
3. Interference of poor health on activities of daily living
4. Falls
5. Depression (PHQ2)
6. Use of assistive devices (eyeglasses, hearing aid, cane, walker, wheelchair, shopping cart, personal emergency device, scooter)