Participant identification #:_____ Date_____

ADHS Core Instrument for Older Adult Programs

1. In what year were you born?_____

2. What is your ethnicity
   - ☐ Hispanic or Latino
   - ☐ Not Hispanic or Latino

3. What is your gender?
   - ☐ Male
   - ☐ Female

4. What is your race?
   - ☐ African American
   - ☐ Asian
   - ☐ Multi-racial
   - ☐ Native American
   - ☐ Native Hawaiian/Pacific Islander
   - ☐ White
   - ☐ Other please describe:

The following questions ask how you feel about your quality of life, health, or other areas of your life. We ask that you think about your life in the **last 30 days.** Circle only one number or answer.

1. How would you rate your quality of life?

   1 ☹ ..... 2..... 3😐 .....4 .....5 ☺
   very poor neither good nor poor very good

2. Have you dropped any of your activities or interests in the last 30 days? **YES / NO**
3. Do you feel that your life is empty? **YES / NO**
4. Do you often get bored? **YES / NO**
5. Do you often feel helpless? **YES / NO**
6. Do you prefer to stay at home, rather than going out and doing new things? **YES / NO**
7. Do you think it is wonderful to be alive now? **YES / NO**
8. Do you feel pretty worthless the way you are now? **YES / NO**
9. Do you feel that your situation is hopeless? **YES / NO**

Below are **3 statements** with which you may agree or disagree. Using the 1-5 scale below, indicate your agreement with each item by circling the number that corresponds with that item.

10. I am *satisfied* with my life.

    1 ☹ ..... 2..... 3😐 .....4 .....5 ☺
    strongly disagree neither agree or disagree strongly agree

11. I feel *happy* most of the time.

    1 ☹ ..... 2..... 3😐 .....4 .....5 ☺
    strongly disagree neither agree or disagree strongly agree

12. I feel *satisfied with the support I get* from my friends and family?

1 ☹ ..... 2..... 3😐 .....4 .....5 ☺
strongly disagree neither agree or disagree strongly agree

Read the statements below and indicate whether these issues are important to you or not. Circle only one number.

13. Staying connected to current world issues and people around me.

1 ☹ ..... 2..... 3😐 .....4 .....5 ☺
not important neutral important

14. Not feeling lonely or isolated.

1 ☹ ..... 2..... 3😐 .....4 .....5 ☺
not important neutral important

15. Adjusting to changes that are related to aging.

1 ☹ ..... 2..... 3😐 .....4 .....5 ☺
not important neutral important

16. Having a sense of peace when thinking about the fact that I will not live forever.

1 ☹ ..... 2..... 3😐 .....4 .....5 ☺
not important neutral important

17. Feeling that I have been able to influence others' lives in positive ways.

1 ☹ ..... 2..... 3😐 .....4 .....5 ☺
not important neutral important

18. Being able to work in paid or volunteer activities after usual retirement age (65 years).

1 ☹ ..... 2..... 3😐 .....4 .....5 ☺
not important neutral important

THANK YOU!