



# SHARC

## Questions you can ask from the elderly

### **1. Health and Well-being**

How are you feeling today?  
Are there any health concerns you'd like to share?  
Do you have access to regular medical care?  
Is there anything we can help you with in terms of health services?  
How do you manage your health daily?  
Do you have someone who helps you with medication or doctor visits?

### **2. Support and Assistance**

Do you have enough help with daily activities, such as cooking, cleaning, or getting around?  
Is there anything specific that would make life easier for you at home?  
Do you feel safe in your home?  
Are there any concerns about your living conditions?

### **3. Emotional and Social Well-being**

Do you have family or friends who visit you regularly?  
Would you like more company?  
How do you usually spend your days?  
Are there any activities you enjoy that you'd like help with?  
Is there anything you'd like to share with us about your experiences, challenges, or joys at this stage of life?

### **4. Community and Engagement**

Are you aware of any community programs or services available for older adults?  
Would you be interested in participating in any?  
Would you be interested in joining a group for older people to socialize or engage in activities?  
Is there anything SHARC or the community could do to better support older people like yourself?

### **5. Practical Needs**

Do you have enough food and basic supplies?  
Is there anything you need that we can help with today?  
Is transportation ever an issue for you?  
Would you benefit from assistance in getting to appointments or the market?