

## **Survey on Aging Issues of Japanese and Japanese Americans Living in NY Metropolitan Area**

### QUESTIONS ON YOUR HEALTH: PLEASE CHOOSE THE BEST ANSWER(S)

1. What is your current health status? (one answer only.)  
1) Excellent 2) Good 3) Fair/average 4) Not so well 5) Not well at all
2. Is your life a happy one? (one answer only.)  
1) Very happy 2) Somewhat happy 3) Neither happy nor unhappy  
4) Somewhat unhappy 5) Unhappy
3. What are the activities you enjoy in everyday life? (can choose multiple answers)  
1) volunteer activities 2) reading (books, newspaper, etc.)  
3) TV, radio, video watching 4) Internet activities 5) conversation with friends  
6) conversation with family 7) JAA Activities 8) religious activities  
9) sports, exercise, walking 10) cultural activities (chorus, calligraphy, shogi chess)  
11) travel 12) work 13) other activities 14) none
4. Questions on your daily life situation. (can choose multiple answers.)  
1) I am unable to go out alone using buses and subways.  
2) I am unable to walk more than 15 minutes continuously.  
3) I am not comfortable driving cars any longer.  
4) I am unable to go shopping alone for daily necessities.  
5) I am unable to do banking activities myself any longer.  
6) I sometimes get confused with dates of the week, month.  
7) I have been told that I say or do the same things over and over or being forgetful.  
8) I realize that I am becoming more forgetful.  
9) I worry about the care and other issues of myself.  
10) I am becoming less comfortable using English and other foreign languages (speaking, reading, listening and writing).  
11) I am becoming less comfortable using Japanese language (speaking, reading, listening and writing)  
12) I worry about the care and other issues of my aging parents.  
13) I worry about the care and other issues of my aging spouse or partner.  
14) None of the above applies to me.

### QUESTIONS ON YOUR SENIOR/RETIREMENT YEARS

5. Where do you wish to spend your retirement/senior years? (choose only one)  
1) US 2) Japan 3) Not decided 4) Never thought about it/don't know
6. Which of the following concerns do you have about your retirement/senior years?  
(multiple answers possible)  
1) language/communication 2) meals 3) housing 4) income and finances  
5) illness and disabilities 6) dementia 7) wills and inheritance decisions  
8) custodial care of myself 9) custodial care of my spouse/partner  
10) how to find a custodial helper 11) Custodial care planning and management  
12) death of my spouse or partner 13) Care of parents or other family members in Japan  
14) Loneliness 15) Politics in the US (unstable economy, health care, custodial care)

16) High Cost of Medical expenses

17) Other \_\_\_\_\_

7. Which of the following have you prepared for your senior years?(multiple answers possible)
- 1) Have prepared health related documents( Health Care Proxy, Living will )
  - 2) Have prepared property related documents (Power of Attorney, Will)
  - 3) Research transfer of my assets to my family while I am alive
  - 4) Have long term health care insurance in the US
  - 5) Established financial planning
  - 6) Planning home renovation for Barrier-free environment
  - 7) Plan to move
  - 8) Researching senior housing and/or nursing homes
  - 9) Discussed my future physical care with family members.
  - 10)Have not made any preparations so far
  - 11)Other \_\_\_\_\_

8. If and when you need help for your ADL\* (Activities of Daily Living), which of the following do you desire? (Only one answer)
- 1) Live at home cared by family members.
  - 2) Live at home cared by professional care givers (i.e. home health aide).
  - 3) Live in an independent senior housing/apartment where many Japanese live.
  - 4) Live in an assisted living facility or nursing home where many Japanese live.
  - 5) Live in any senior housing, apartment for the elderly.
  - 6) Live in any assisted living or nursing home.
  - 7) Other \_\_\_\_\_

\*ADL: Activities of daily living (such as being able to feed, bathe, dress, groom, clean, use the toilet, etc. by oneself)

9. If and when you need care/support for your ADL\* (Activities of Daily Living), how long do you prefer to stay at home? (One answer only.)
- 1) I do not wish to be cared for home.
  - 2) I prefer to live at home with some support of daily activities (shopping, cooking, finances, walking, etc.)
  - 3) I prefer to live at home even with a partial assistance for some of my essential ADL\*, such as bathing, using the toilet, dressing, and eating.
  - 4) I prefer to live at home even with total ADL\* assistance (bathing, using the toilet, dressing, and eating).
  - 5) I prefer to live at home until the end.

10. If and when you need care/support from others, which of the following help do you desire? (Multiple answers possible)
- 1) someone to talk to, in Japanese
  - 2) someone to accompany me walking and shopping
  - 3) help with medical appointments (accompany to clinic and hospital)
  - 4) help with money issues (bank, pension, etc.)
  - 5) language translation at medical and/or governmental offices
  - 6) household maintenance
  - 7) cooking
  - 8)house cleaning
  - 9) meal delivery
  - 10) oral hygiene
  - 11) eating assistance
  - 12) toilet assistance
  - 13) bathing assistance
  - 14) care for dementia

- 15) managing medication    16) assistance in taking medicine
- 17) Custodial care planning and management                      18) none of the above
- 19) other \_\_\_\_\_

11. If you are to spend your elder/retirement years in the US, what are your requests regarding your care taker? (Multiple answers possible)

- 1) being Japanese                                      2) Japanese language capability
- 3) who understands Japanese culture and practice    4) who can cook Japanese food
- 5) who understands English                      6) who is trained and/or certified for elderly care
- 7) none – no request for the care-taker’s qualification
- 8) other \_\_\_\_\_

12. For the homecare by a qualified caretaker, how much can you afford on monthly basis?  
(Only one answer)

- 1)\$0    2)\$1-250    3)\$251-500    4)\$501-1000                      5)\$1,001-1,500                      \$1,501-2,000
- 7) over \$2,001

13. Do you currently require care/support?

- 1) Yes            2) No

14. Who currently provides care for you? (Can choose multiple answers)

- 1) No care received at this time    2) Spouse/partner    3) Child/children
- 4) Sibling(s)    5) Friend(s)    6) Professional caretaker    7) Other \_\_\_\_\_

15. What kind of care/support do you currently receive? (Can choose multiple answers.)

- 1) No care received at this time                      2) Someone to talk to, in Japanese
- 3) accompany my walking and shopping    4) accompany to medical appointments
- 5) handling money (bank, pension, etc.)
- 6) language translation at medical and/or governmental offices
- 7) household maintenance (lawn mowing, changing light bulbs, etc.)    8) cooking
- 9) house cleaning    10) meal delivery    11) oral hygiene    12) eating assistance
- 13) toilet assistance    14) bathing assistance                      15) dementia care
- 16) organizing and managing medication    17) assistance in taking medicine
- 18) care management (managing care plans)
- 19) Other \_\_\_\_\_

16. If you are thinking of returning to Japan for your retirement years, when are you thinking of returning? (Choose only one answer)

- 1) Within a year    2) within 5 years    3) within 10 years    4) within 15 years
- 5) within 20 years    6) over 20 years    7) Not decided when
- 8) have not thought about retiring in Japan

17. What is the reason for your returning (permanently) to Japan? (multiple answers possible)

- 1) Parents in Japan (possible care for them)
- 2) Other family, relatives live in Japan
- 3) Better, reliable, comfortable elderly care in Japan (language, food, and the quality of care)
- 4) Due to illness and physical disability    5) No plan to return to Japan
- 5) Other \_\_\_\_\_

QUESTIONS ON YOUR DEMOGRAPHIC AND LIVING SITUATION/STATUS.

18. Where do you live now (where is your main residence)? (Choose only one)

- 1) Manhattan      2) Brooklyn      3) Queens      4) Bronx      5) Staten Island  
6) Westchester      7) Long Island      8) Connecticut      9) New Jersey  
10) Pennsylvania      11) Other \_\_\_\_\_

19. Your gender. (choose only one)

- 1) Male      2) Female      3) Other

20. Your age today. \_\_\_\_\_ years old

21. Your US immigration status. (Choose one answer only.)

- 1) US citizen      2) Permanent resident/green card  
3) Visa other than green card      4) No Visa

22. Your marital/relationship status. (Choose one answer only.)

- 1) Single (no partner)      2) Single (with a partner)      3) Married  
4) Separated      5) Divorced      6) Widow/Widower

23. Citizenship of your spouse/partner. (Choose one answer only.)

- 1) US    2) Japan    3) Other nationality    4) I do not have a spouse/partner

24. How long have you resided in the US? (Choose one answer only.)

- 1) less than 10 years    2) 10-19 years    3) 20-29 years    4) over 30 years

25. Your highest level of education (choose only one).

- 1) middle school    2) high school completion    3) junior college or vocational school  
4) 4 year college    5) graduate school

26. Your current family structure. (Can choose multiple answers.)

- 1) spouse/partner    2) parents (in Japan)    3) parents (out of Japan)  
4) parents of your spouse    5) child/children (living in the US)    6) child/children (out of US)  
7) Other \_\_\_\_\_

27. Your current home status. (only one answer.)

- 1) own home    2) family home    3) rental    4) Other \_\_\_\_\_

28. Your housing type. (only one answer)

- 1) Detached house    2) townhouse (row house such as brownstone)    3) apartment  
4) Senior residence housing    5) Assisted Living/Nursing Home  
6) Other \_\_\_\_\_

29. With whom do you currently live? (multiple answers possible)

- 1) by myself    2) spouse/partner    3) child/children    4) parents of spouse/partner  
5) my own parents    6) my sibling(s)    7) roommate    8) Other \_\_\_\_\_

30. Your main language in your household. (Only one answer.)  
 1) Japanese      2) English      3) both Japanese and English      4) Other language
31. How do you evaluate your English language competency/communication level? (Choose one answer only.)  
 1) very good/high level      2) good      3) average      4) low      5) very low
32. Your current income source (multiple answers possible)  
 1) salary      2) free lance or your own business      3) salary of your spouse/partner  
 4) US Social Security income      5) US IRA, 401K, or Pension      6) public pension from Japan  
 7) Private pension from Japan      8) real estate/investment      9) assistance from family  
 10) Inheritance      11) Other
33. Your total household annual income. (Only one answer)  
 1) none      2) less than \$20,000      3) \$20,001-40,000      4) \$40,001-60,000  
 5) \$60,001-80,000      6) over \$80,000
34. Your health care insurance (multiple answers possible)  
 1) insurance from your or your spouse/partner's work  
 2) privately purchased health insurance  
 3) Medicare (federal health insurance for the elderly)  
 4) Medicaid (public health insurance for the low income)      5) US Long term insurance  
 6) no health insurance      7) Other
35. Have you been able to receive necessary medical care whenever needed, in the past?  
 (including dental, eye, ear/nose care)  
 1) Yes      2) No
36. Which of the following is the reason why you have not been able to receive medical care in the past? (Multiple answer possible)  
 1) I have been able to receive all the necessary medical care in the past.  
 2) Lack/absence of health insurance      3) Insufficient health insurance coverage  
 4) My insurance is not accepted by my doctor      5) Lack of transportation  
 6) Difficulty in going by myself      7) Health care facilities too far  
 8) Other \_\_\_\_\_
37. Within the last one year, how many times and a total of days have you been hospitalized?  
 \_\_\_\_\_ times;      Total of \_\_\_\_\_ days.
38. How many doctors' visits have you had **within the last two months**? (including dental, eye, ear, nose care) \_\_\_\_\_ times
39. Do you have someone to care for you when you are ill? (multiple answers possible)  
 1) Parents (who live in Japan)      2) Parents (who live outside of Japan)      3) Spouse/partner  
 4) child/children or other relatives who live together  
 5) child/children or other relatives who live separately      6) neighbor(s)  
 7) friend(s)      8) colleague(s)      9) I have no one to care for me.  
 10) Other \_\_\_\_\_

40. Do you have someone you are willing to care for, when needs arise?

(multiple answers possible)

1) parents(who live in Japan) 2) Parents (who live outside of Japan) 3)spouse/partner

4) child/children or other relatives who live together

5) child/children or other relatives who live separately 6) neighbor(s) 7) friends

8) colleague (s) 9) I have no one to care for 10) Other \_\_\_\_\_

41. What type of elderly support do you wish from the Japanese community?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

42. Do you have any concrete problems or concerns at this time? Please specify.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**DONE! THANK YOU FOR YOUR COOPERATION!**