

Research Project Title
**Development of a Model of Preparation for Entering Elderly Age
by the Community**

Structured questionnaires (Phase 1)

INSTRUCTIONS

This interview form aims to study the situation related to preparation for entering elderly age in the community within the study area: Phra Song Sub-district, Na Kae District, Nakhon Phanom Province. The interview form consists of 7 sections with 92 items, as follows:

Section 1: Personal Information – 12 items

Section 2: Factors Influencing Preparation for Entering Elderly Age by the Community consisting of 3 factors:

- Part 1: Predisposing Factors for Preparation for Entering Elderly Age – 9 items
- Part 2: Enabling Factors for Preparation for Entering Elderly Age – 9 items
- Part 3: Reinforcing Factors for Preparation for Entering Elderly Age – 10 items

Section 3: Health Preparation – 10 items

Section 4: Social Preparation – 10 items

Section 5: Economic Preparation – 10 items

Section 6: Housing and Environmental Preparation – 10 items

Section 7: Technology and Innovation Preparation – 10 items

The researcher requests cooperation from individuals aged 50–59 years to respond to the interview form without disclosing their name and surname. All responses will be kept strictly confidential and used for research purposes only.

Thank you for your cooperation.

Research Team

Date of Data Collection: _____ Month: _____ Year: _____

Interviewer ID:

SECTION 1: PERSONAL INFORMATION

Instructions: The interviewer reads each question and marks \surd in the answer column, or fills in the blank space corresponding to the respondent's answer.

1. Sex	<input type="checkbox"/> 1. Male <input type="checkbox"/> 2. Female
2. Age	_____ years
3. Marital Status	<input type="checkbox"/> 1. Single <input type="checkbox"/> 2. Married <input type="checkbox"/> 3. Widowed/Divorced/Separated
4. Education Level	<input type="checkbox"/> 1. No education <input type="checkbox"/> 2. Primary school <input type="checkbox"/> 3. Secondary/Vocational <input type="checkbox"/> 4. Associate/Higher Vocational <input type="checkbox"/> 5. Bachelor's degree <input type="checkbox"/> 6. Postgraduate
5. Occupation	<input type="checkbox"/> 1. Unemployed <input type="checkbox"/> 2. Farmer <input type="checkbox"/> 3. Hired worker <input type="checkbox"/> 4. Business/Trade <input type="checkbox"/> 5. Government/State enterprise <input type="checkbox"/> 6. Other (specify): _____
6. Average Monthly Income	_____ Baht
7. Chronic Disease	<input type="checkbox"/> 1. None <input type="checkbox"/> 2. Hypertension <input type="checkbox"/> 3. Diabetes <input type="checkbox"/> 4. Heart disease <input type="checkbox"/> 5. Other (specify): _____
8. Exercise Frequency	<input type="checkbox"/> 1. Never <input type="checkbox"/> 2. 1–2 times/week <input type="checkbox"/> 3. 3–5 times/week <input type="checkbox"/> 4. Every day
9. Smoking	<input type="checkbox"/> 1. Non-smoker <input type="checkbox"/> 2. Former smoker <input type="checkbox"/> 3. Current smoker
10. Alcohol Consumption	<input type="checkbox"/> 1. Non-drinker <input type="checkbox"/> 2. Former drinker <input type="checkbox"/> 3. Current drinker
11. Residence	<input type="checkbox"/> 1. Own house <input type="checkbox"/> 2. Child's house <input type="checkbox"/> 3. Relative's/other's house
12. Household Type	<input type="checkbox"/> 1. Living alone <input type="checkbox"/> 2. Living with spouse <input type="checkbox"/> 3. Living with their children/grandchildren

SECTION 2: FACTORS INFLUENCING PREPARATION FOR ENTERING ELDERLY AGE

Part 1: Predisposing Factors for Preparation for Entering Elderly Age (9 items)

Instructions: The interviewer reads each statement and asks the respondent to answer based on their own behaviors or activities in preparation for entering elderly age. Mark \surd in the appropriate column according to the following scale:

Rating Scale: 5 = Most / Always, 4 = Much / Often, 3 = Moderate / Sometimes, 2 = Little / Rarely
1 = Least / Never

Items	5	4	3	2	1
1. You perceive the necessity of preparing yourself for elderly age.					
2. You have knowledge and understanding of preparation for entering elderly age.					
3. You have experience in preparing for entering elderly age.					
4. You have a positive attitude toward preparing for entering elderly age.					

Items	5	4	3	2	1
5. You receive information regarding health preparation for elderly age.					
6. You visit temples or churches to practice meditation, to understand birth, aging, sickness, death, and to find inner peace.					
7. You receive family support in preparing and maintaining your health in old age.					
8. You seek out information about health care in old age, e.g., reading articles, watching TV, listening to radio programs, etc.					
9. You are physically ready to participate in activities for preparation for entering elderly age.					

Part 2: Enabling Factors for Preparation for Entering Elderly Age (9 items)

Instructions: The interviewer reads each statement and asks the respondent to answer based on their own behaviors or activities in preparation for entering elderly age. Mark ✓ in the appropriate column according to the following scale:

Rating Scale: 5 = Most / Always, 4 = Much / Often, 3 = Moderate / Sometimes, 2 = Little / Rarely
1 = Least / Never

Items	5	4	3	2	1
1. You believe that government policies support preparation for entering elderly age.					
2. You think the allocated budget for preparatory activities is appropriate.					
3. There is sufficient support of venues/equipment for organizing preparatory activities.					
4. You think the community has public spaces for exercise and activities.					
5. There is an elderly health care center in the community.					
6. You can access welfare and health services for the elderly appropriately.					
7. The community has campaigns/projects/public relations for elderly health promotion activities.					
8. Your community has adequate personnel to organize activities for preparation for entering elderly age.					
9. You have knowledge or have received training related to elderly health care.					

Part 3: Reinforcing Factors for Preparation for Entering Elderly Age (10 items)

Instructions: The interviewer reads each statement and asks the respondent to answer based on their own behaviors or activities in preparation for entering elderly age. Mark ✓ in the appropriate column according to the following scale:

Rating Scale: 5 = Most / Always, 4 = Much / Often, 3 = Moderate / Sometimes, 2 = Little / Rarely
1 = Least / Never

Items	5	4	3	2	1
1. Local government budget support for preparation for entering elderly age.					
2. When you feel worried or face various problems, family, friends, and close ones are always available to help and encourage you.					
3. Participation from various partners in organizing activities for the elderly in the community.					
4. You engage in activities with family members, such as exercising, traveling, and eating together regularly.					
5. You regularly receive assistance from Village Health Volunteers (VHV).					
6. If you have health problems, you receive coordination and support from public health agencies.					
7. You receive appreciation or rewards from members of your family and community for your activities.					
8. You are regularly invited to participate in community activities.					
9. You receive awareness campaigns/public relations through community media, e.g., community announcement loudspeakers.					
10. You engage in activities with family members, such as exercising, traveling, and eating together regularly.					

SECTION 3: HEALTH PREPARATION (10 items)

Instructions: The interviewer reads each statement and asks the respondent to answer based on their own behaviors or activities in preparation for entering elderly age. Mark ✓ in the appropriate column according to the following scale:

Rating Scale: 5 = Most / Always, 4 = Much / Often, 3 = Moderate / Sometimes, 2 = Little / Rarely
1 = Least / Never

Items	5	4	3	2	1
1. You exercise regularly, at least 3 times per week, 30 minutes per session.					
2. You eat a balanced diet with all 5 food groups in appropriate amounts, emphasizing fish, eggs, vegetables, and fruits.					
3. You avoid health-risk behaviors such as smoking and alcohol consumption.					
4. You undergo annual health screening and checkups and always follow medical advice.					
5. You do not smoke/use tobacco, or if you do, you intend/plan to quit.					

Items	5	4	3	2	1
6. You manage stress through appropriate methods, e.g., prayer, meditation, consulting trusted persons.					
7. You sleep and rest for 7–9 hours per night.					
8. You know the medical history of family members to help prepare for your own health care in the future and in old age, and consult healthcare professionals accordingly.					
9. You participate in health promotion activities organized by the community/public health agencies.					
10. You know and use health-related tools, such as medication reminder devices, blood pressure monitors, etc., to maintain your good health.					

SECTION 4: SOCIAL PREPARATION (10 items)

Instructions: The interviewer reads each statement and asks the respondent to answer based on their own behaviors or activities in preparation for entering elderly age. Mark ✓ in the appropriate column according to the following scale:

Rating Scale: 5 = Most / Always, 4 = Much / Often, 3 = Moderate / Sometimes, 2 = Little / Rarely
1 = Least / Never

Items	5	4	3	2	1
1. You have good relationships with family members.					
2. You have family or friends you can rely on for help when needed.					
3. You participate in community activities and volunteer as a committee member in the community or various community groups.					
4. You have someone you can talk to and consult when necessary.					
5. You seek opportunities to advise/pass on your knowledge to others.					
6. You are comfortable engaging in activities together with close friends and maintaining good relationships.					
7. You use your free time productively, such as gardening or doing crafts.					
8. You regularly participate in social activities to socialize with others.					
9. You are open to listening to differing opinions from others.					
10. You have good social personality as a positive role model, e.g., in manner of dress and behavior.					

SECTION 5: ECONOMIC PREPARATION (10 items)

Instructions: The interviewer reads each statement and asks the respondent to answer based on their own behaviors or activities in preparation for entering elderly age. Mark ✓ in the appropriate column according to the following scale:

Rating Scale: 5 = Most / Always, 4 = Much / Often, 3 = Moderate / Sometimes, 2 = Little / Rarely
1 = Least / Never

Items	5	4	3	2	1
1. You have a financial plan and save money consistently.					
2. You can live comfortably with your current income.					
3. You keep income-expenditure accounts to control spending and plan finances.					
4. You are preparing an occupation/career to generate income after retirement.					
5. You think about elderly age and plan for a lifestyle appropriate to your post-retirement life.					
6. You have a trusted person who can advise you on financial matters when needed.					
7. You have insurance or a funeral fund covering illness and death in old age.					
8. You save money in forms that provide reasonable returns, e.g., investment funds, bonds.					
9. If your life plan changes, you have financial reserves to accommodate such changes.					
10. You plan to designate someone to manage your financial transactions should you be unable to manage your own finances, e.g., power of attorney, writing a will, etc.					

SECTION 6: HOUSING AND ENVIRONMENTAL PREPARATION (10 items)

Instructions: The interviewer reads each statement and asks the respondent to answer based on their own behaviors or activities in preparation for entering elderly age. Mark ✓ in the appropriate column according to the following scale:

Rating Scale: 5 = Most / Always, 4 = Much / Often, 3 = Moderate / Sometimes, 2 = Little / Rarely
1 = Least / Never

Items	5	4	3	2	1
1. You currently have good living conditions in the community and expect this to continue in the future.					
2. You believe your current home is designed with adequate safety for living.					
3. In the future, you will renovate your home to be suitable for living in old age, e.g., installing lighting near stairways, installing grab bars in bathrooms, etc.					
4. You organize the indoor environment to be spacious and well-lit, creating an environment conducive to social interaction, e.g., meeting areas, activity spaces, etc.					

Items	5	4	3	2	1
5. You believe you will be able to live alone in the future and can manage your own life independently.					
6. You feel safe within the community and know where to report complaints to make your community safer.					
7. You are aware of projects or services available in your community, such as discounted goods, health services, health gardens, public parks, exercise equipment, etc.					
8. If you cannot live in your current home, you know about alternative housing options such as elderly homes, home care, nursing care, etc.					
9. You know what home safety risks exist and have begun to address those risks.					
10. Your home is designed to facilitate movement and accommodate health needs in preparation for aging over the next 1–10 years, e.g., walking aids, wheelchairs, or grab bars in bathrooms, etc.					

SECTION 7: TECHNOLOGY AND INNOVATION PREPARATION (10 items)

Instructions: The interviewer reads each statement and asks the respondent to answer based on their own behaviors or activities in preparation for entering elderly age. Mark ✓ in the appropriate column according to the following scale:

Rating Scale: 5 = Most / Always, 4 = Much / Often, 3 = Moderate / Sometimes, 2 = Little / Rarely
1 = Least / Never

Items	5	4	3	2	1
1. You use a phone to communicate and receive information, e.g., via LINE, mobile applications, etc.					
2. You use applications to promote health care and exercise.					
3. You can use a smartphone to check routes and perform financial transactions.					
4. You are able to purchase or obtain up-to-date communication devices ready to accommodate changes in various technology systems.					
5. You can verify or find reference sources for information received via LINE or Facebook to determine whether it is true or false.					
6. You know how to maintain and repair communication technology devices.					
7. You know how to prevent cybercrimes or threats through various online channels.					
8. You follow news about the misuse of technology to protect yourself and your family from such threats.					
9. You are interested in following news about new innovations and various technologies for use in daily life.					
10. You are able to select appropriate communication devices for yourself, such as phones or tablets.					

Thank you for your attention to the structured questionnaires.