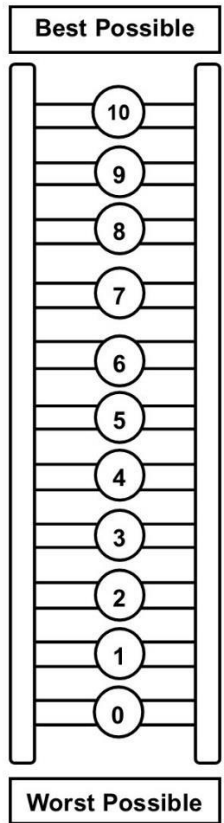


Adult Well-Being Assessment

For the *first three questions* please imagine a ladder with steps numbered from 0 at the bottom to 10 at the top. The top of the ladder represents the **best possible life for you** and the bottom of the ladder represents the **worst possible life for you**.



1. Indicate where on the ladder you feel you personally stand right now.

Worst 0 1 2 3 4 5 6 7 8 9 10 **Best**

2. On which step do you think you will stand about 2 years from now?

0 1 2 3 4 5 6 7 8 9 10
Worst **Best**

3. Imagine the top of the ladder represents the best possible *financial situation* for you, and the bottom represents the worst possible *financial situation* for you. Please indicate where on the ladder you stand right now.

Worst 0 1 2 3 4 5 6 7 8 9 10 **Best**

4. In general, how would you rate your physical health?

Excellent (5) Very Good (4) Good (3) Fair (2) Poor (1)

5. In general, how would you rate your mental health, including your mood and your ability to think?

Excellent (5) Very Good (4) Good (3) Fair (2) Poor (1)

6. In general, how often do you get the social and emotional support you need?

Always (5) Usually (4) Sometimes (3) Rarely (2) Never (1)

7. How strongly do you agree with this statement? "I lead a purposeful and meaningful life."

Strongly Agree (7) Agree (6) Slightly Agree (5) Neither Agree nor Disagree (4) Slightly Disagree (3) Disagree (2) Strongly Disagree (1)

8. How often do you feel lonely or isolated from those around you?

Always (5) Often (4) Sometimes (3) Rarely (2) Never (1)