**Lifestyle Review CLUE SHEET**

Over the years, we have learned there are some confusing questions within the Lifestyle Review. This Clue Sheet is to help clarify those questions so you can answer more fully and truly.



**Question #6**: A fall is any unintentional move downward, from a higher to a lower level, with or without injury.

**Question #17**: Fruit & Vegetable Consumption--refer to the chart attached

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*Spirituality is very individual and all-encompassing. It means having a sense of meaning and purpose, feeling connected to something greater than ourselves and it can provide a way of coping with worry and stress. Spirituality is anything that makes us feel alive, valuable, content and in touch with our lives. Spiritual pursuits include religious and faith-based involvement, volunteerism, nature, music, art and other meaningful pursuits.*

**Question #38**: Volunteering includes being on a resident committee, assisting in other levels of living, leading a program or workshop, participating in programs that donate its efforts, babysitting and any other in-house or out-of-house activity where you volunteer your time or talents.



**Question #48**: Group pursuits include community presentations, TED Talks, current events, Tech Talks, museums, lectures, classes, etc.

**Question #49**: A computer is more than just your desktop computer. It is also your laptop, tablet/iPad and smartphone.

**Question #51**: How often you use a computer is not limited to extended use only. Even if you just look something up, such as a restaurant menu, that is considered a computer use.



**Question #60a**: Successful aging is mental, physical, emotional & social well-being at all ages.

**Question #61**: "Others" include your network of people: family,

friends, church, social groups, team members

**Questions #60 versus #61**: How do you feel towards asking for support versus receiving the support? Is it readily available to you?

**Question #63**: Social activities include those both within and outside of the community. They do not have to be community-coordinated events.

**Question #65**: Not how often you get out of the community, but how often you leave the confines of your apartment.

**Question #66**: Examples of using your skills, abilities and experience—helping others with tasks, teaching something (i.e., basket weaving, wood work), displaying leadership (encouraging neighbors to get involved), etc.

**Question #67**: Have you learned any new skills or abilities? (i.e., painting, wood work, gardening, fitness moves, etc.)