**Pandemic Survey**

*The purpose of this survey is to check in with you, and each resident in our community, to learn how you are doing at this point in the pandemic and how we can best support any needs you may have. While we appreciate all feedback, anonymous or not, your name will allow us to better support you directly. Either way, we appreciate your participation in this community survey and will work to provide support in as many ways as we can.*

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(optional)

1. Please list positive things you have experienced, or learned about yourself, in this time of Covid19.
2. What has been the most difficult part of this journey?
3. What can we do to make this period easier on you?
4. How are you connecting with others? (circle or write comments)

* Mail
* Email
* Phone
* Video/Web Conferencing
* Not able to connect
* Preferring to not connect
* Other comments:

1. Who are you connecting with? (circle or write comments)

* Children/Grandchildren
* Other family members
* Residents from [community name]
* Other friends/connections
* Not connecting
* Other comments:

1. Are you finding the current level of connection is helping you maintain a level of social engagement that you are comfortable with, given the circumstances? (circle or write comments)

* Yes
* No
* Somewhat, but would prefer more
* Other comments:

1. Please share if you are experiencing or suffering from more loneliness than before the pandemic (which is common) and if you would like to be more connected at this time.
2. What can [our community] do to support you with social connection?
3. Are you finding ways to engage and challenge your mind/grow intellectually on a regular basis?
   1. Yes
   2. No
   3. Somewhat
      1. If Yes, or Somewhat, will you share what is working best for you?
4. If no, are there any resources we can provide you with to support this? (please list)
5. Do you find yourself using the resources available to expand your knowledge, improve your skills or to share information with others?
6. What can [our community] do to provide additional intellectual opportunities?
7. This period of physical distancing can be challenging for regular movement patterns. How are you finding ways to support your body with physical movement?
   1. Video/television workouts
   2. Streamed fitness program from [our community].
   3. Talking outdoor walks
   4. Walking stairwells
   5. Moving with intention in my home (physical chores, cleaning, gardening, exercise stations, etc.)
   6. Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   7. I would appreciate support/ideas to challenge myself in this area
8. Are you able to get the physical movement that’s important to you?
9. What can [our community] do to support you with your physical health? ( exercise, sleep, nutrition, etc.)
10. Are you able to take care of your spiritual health (meaning and purpose, nature, religion, etc.) in a way that’s important to you?
11. If you participated in religious services prior to physical distancing, are you finding ways to engage now? (check any that apply)
    1. Attending online church services
    2. Speaking with a chaplain or religious leader via phone
    3. Attending bible study/religious classes/church social groups online/phone
    4. Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
    5. I would appreciate support to in this area
12. What can [our community] do to support you with spiritual health?
13. We would like to create a list of ways we all can best maintain our mental health and build resiliency during this challenging time. Please feel free to list any tips you have found work for you that we may share with [community name] team members and residents. (No names will be attached to the tips).