Tell us about a memorable day you had recently.

What happened that day?

Help us step into your shoes. On that day...

What were you thinking?

What were you hearing?

What were you seeing?

What were you feeling?

What were you saying?

What were you doing?

PLEASE DO NOT INCLUDE NAME, ADDRESS, OR OTHER IDENTIFYING INFORMATION. THANKS!

Please continue on the back.
For the day that you described, or more generally...

<table>
<thead>
<tr>
<th>What were you trying to achieve?</th>
<th>What do/did you need to achieve this?</th>
<th>What made it difficult to achieve this?</th>
</tr>
</thead>
<tbody>
<tr>
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<td>1.</td>
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<td>3.</td>
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</tbody>
</table>

What single change would make the biggest impact for you?

Please tell us a bit about yourself.

Age __________________________
Gender _______________________

I am (check all that apply):
- [ ] An older adult
- [ ] A caregiver for an older adult
- [ ] A service provider for older adults

I consider my biggest challenge to be...

______________________________________________________________

______________________________________________________________

______________________________________________________________

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