



Senior

Needs Assessment 2022



We invite you to assist us in determining the needs of our Los Alamitos older adults by answering these questions. Your responses to this survey will help the Recreation and Community Services Department develop plans to better serve the needs of Los Alamitos residents, particularly those age 50+.

For helping us complete this survey, you will be entered in a raffle for a chance to win a table (8 tickets) at our upcoming Senior Prom or a \$100 gift certificate to Katella Deli. You must return your responses by April 1. Winner will be contacted mid-April. Your responses to this survey will be kept confidential, and will be used only for informational & raffle purposes.

Thank you for your assistance and valuable feedback.

1. What types of programs or classes would you be interested in attending? (check all that apply)

Special Interest/Topic Classes

- Arts & Crafts
- Movies
- Painting/Watercolor
- Easy Cooking
- Creative Writing/Memoir Writing
- Discussion Group (specify): _____
- Knitting/Quilting
- Veterans' Group
- Music (specify): _____
- Second Language (specify): _____
- Cards & Games (Specify): _____
- Technology Education (Specify): _____
- Social Services
- Intergenerational Programs (Grandparents/Grandchildren)
- Support Groups (specify): _____
- Senior Job Fair
- Educational Workshops/Lectures
- Mature Driving Course

Additional classes or programs in which you are interested:

Health & Wellness/Fitness

- Health-Related Workshops
- Senior Health Fair
- Elder Abuse Educational Workshops
 - FBI Fraud Education (Identity/Financial Theft)
 - Physical and Emotional Abuse
 - Neglect
- Fitness
 - Low Impact Aerobics
 - Chair Exercise
 - Fall Prevention/Balance & Mobility
 - Yoga/Pilates
 - T'ai Chi
 - Senior Walking Program
 - Sports (Specify): _____
 - Dance (Specify): _____

Additional classes or programs in which you are interested:

Would you be willing to pay a fee for these classes?
 Yes, fee based classes are okay. No, classes need to be free.

2. Do you have an interest in travel programs? (please check all that apply)

- | | | | |
|-------------------------|--------------------------|--------------------------|----------------------------|
| | <i>Day Trips</i> | <i>Overnight Trips</i> | <i>Extended Week Trips</i> |
| Casino | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| (Non-Casino) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Special Interest Trips: | _____ | | |

3. Do you have a need/interest for a daily hot meal program?

Yes No

4. Do you attend the currently offered Senior Lunch Program? (Dine-in Dough & House)

Yes No

Suggestions to improve the program if currently not attending:

What meals would you like to see included in the menu?

5. What price are you willing to pay?

\$5 \$7
 \$10 Other

6. Does anything prevent you from participating in City events or programs? (check all that apply)

Cost Time
 Location Transportation
 Parking Programs not well advertised

7. Do you have your own transportation?

Yes No, I do not drive, I am transported by:

Do you use the free OCTA bus service for seniors?

Yes No

8. Please indicate any special needs programming you are interested in:

9. When is the most convenient time(s) for you to participate in a class, program, or event? (check all that apply)

	<i>Mornings 8 - 11:30 AM</i>	<i>Afternoons 12 - 3:30 PM</i>	<i>Late Afternoon 4 - 6 PM</i>	<i>Evenings 6:30 - 10 PM</i>
Monday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tuesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wednesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thursday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Friday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Saturday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sunday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

10. How do you best hear about our programs?

Recreation Brochure Newspaper
 Walk-In Flyers
 City Website Social Media
 I don't hear about your programs Other

11. How would you rate Los Alamitos as a Community?

Very Good Good Fair Poor

12. Do you participate in City-sponsored senior activities in other communities?

Yes No

If yes, which activities? Where?

Demographics

13. Age? (check one)

50-55 56-64 65-74
 75-89 90+

14. Gender?

Male Female

15. Member of Los Alamitos Senior Club?

Yes No

16. Resident of Los Alamitos?

Yes Other City/Community:

Raffle

First and Last Name:

Home Address:

Phone Number:

Email:

Thank you for completing this survey and helping improve the quality of life for those participating in Los Alamitos senior programs and services. Please complete one survey per person and return to the Los Alamitos Recreation & Community Services Center by April 1, 2022 located at 10911 Oak Street Los Alamitos, CA 90720. Raffle winner will be contacted mid-April.

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Please return this completed survey to the Community Center by April 1, 2022 at 10911 Oak St. Los Alamitos, 90720