ELDERLY ADULTS’ PERCEPTIONS OF
HOME LIFESTYLE MONITORING TECHNOLOGY

A THESIS

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Abstract

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The following is a qualitative study designed to collect and study elderly (>65) perceptions of in home lifestyle monitoring technology. Data were collected through three focus groups, organized and analyzed for results. The focus groups were run in a semi-structured manner with the co-moderators presenting questions from an original valid instrument. The study suggests that nearly all of the participants are comfortable with current technologies and around 50% of the sample group would be interested in using the new proposed technologies. The study also suggests that the participants have a high level of current wellness and are generally comfortable in their current residence.
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Cortlan Booker
Chapter I: The Problem

Introduction

The U.S. population is growing older. In the year 2010 an estimated 40,229,000 Americans were over the age of 65 years (U.S. Census Bureau [USCB], 2008). By 2015 it is estimated there will be 46,837,000 Americans over 65 years of age (USCB, 2008). As members of the Baby Boom generation increase in age, the number of elderly adults in America will continue to increase. With the aging process, this generation will also have many personal needs and will require adaptations to their daily lives in order to maximize their functionality. If elderly people decides that they would prefer to age in place and live in their present residence for as long as possible, a number of adaptations will need to take place within their homes. As the combination of brittle bones, changes in mobility, eyesight, hearing, and other factors lead to changes in habits and possible loses of function, it becomes increasingly difficult for an elderly person, the family of an elderly person, or the health care providers of an elderly person to justify that person living at home independently instead of moving to a form of assisted living.

Just as the number of elderly people in the United States is increasing, money used on elderly health care consumption is also on the rise. According to Fuchs (1999), elderly health care consumption was $9,200 per person in 1995 and is estimated to reach approximately $25,000 by 2020. Assisted living facilities and nursing home facilities are commonly utilized by the elderly when living at home becomes difficult. Essentially, elderly persons will leave the homes in which they are comfortable with, and move to a
facility where they can be monitored more closely. The services received at these facilities can be costly which raises other questions to be answered. For example; what is to become of the original house and a lifetime worth of items?

This study explores the topic of aging in place. Would elderly adults prefer to live at an independent residence longer if they believed it was safer? One possibility involves installing technology in the home that either improves the quality of living, monitors/transmits lifestyle information, or a combination of the two. A house fitted with such technology has been referred to as a *Smart Home* (Such et al., 2006). Before attempting to place new pieces of technology within the homes of these adults it may prove valuable to get an idea of whether an elderly person thinks having additional health related technology within the home is worth the trouble. Demiris and colleagues (2004) conducted a related study that examined the attitudes that a group of elderly adults had toward *smart home* technology and in-home monitoring devices. The study collected qualitative data from 15 elderly adults and after analysis of the data all 15 were shown to have a positive attitude toward smart home technology. The study by Demiris and colleagues (2004) sparked research questions that were a catalyst for this study.

The aforementioned study was completed on a small scale but had encouraging results; moving forward with their work might be a key component in creating user-accepted options for the increasing number of seniors. This study is a qualitative look at what technologies adults are willing to have placed inside their homes.
Statement of the Problem

The focus of this study was to determine if independent living elderly adults would be willing to have lifestyle monitoring technology in their homes.

Purpose of the Study

This study was conducted to determine the consumer needs of a sample of today’s elderly adults. Many health enhancing technologies have been created and options for making the home safer for elderly adults have been explored. This study is based on the idea that the desire to age in place increases with age (Bayer & Harper, 2000, p. 25). However, that does not necessarily take into account the variety that can be found in the actual perceptions and feelings older adults have about using technology to monitor their lifestyle and wellness within their homes. That assumption does not take into account the feelings the elderly had about using technology to monitor their lifestyle behaviors within the home. Research has shown that adults can be apprehensive about electrical devices that monitor on them in their own home (Roseman & Stephenson, 2005). In order to present actual information about the consumer market of in-home lifestyle monitoring technologies for elders in East Central Indiana it becomes necessary to discover which technologies an actual elderly adults would be willing to have in their home.

Research Questions

1. How do elderly persons describe their current lifestyle and wellness?
2. What perceptions do elderly persons have about relocating as they age?
3. What perceptions do elderly persons have about their well-being and the use of lifestyle monitoring technology in the home?
Delimitations

The delimitations of the study included:

1. The participants consisted of a sample of elderly adults (>65 years old) all who resided in East Central Indiana at the time the data were collected.
2. Data were collected from elderly adults who were currently living independently.
3. Data were collected using an original focus group semi-structured interview guide.

Assumptions

This study was based on the following assumptions:

1. The participants responded truthfully to the questions they were asked in the focus groups.
2. The data collected were recorded correctly by the researcher and members of the research team.
3. The participants were similar to other elderly adults living in East Central Indiana.

Definition of Terms

There are several terms used throughout this study that will have case-specific definitions.

1. Age in place – Individuals age in their own homes as opposed to moving to assisted living or other elder care facilities (Huyck, Ayalon, & Yoder, 2007; Torp, Hanson, Hauge, Ulstein, & Magnusson, 2008).
2. Assisted living facilities – Assisted living facilities offer a housing alternatives for older adults who may need help with dressing, bathing, eating, and toileting, but
do not require the intensive medical and nursing care provided in nursing homes
(U.S. Department of Health and Human Services, 2010)

3. Baby Boomer - Those who were born between 1946 and 1964 (Love, 2010)

4. Elderly - *Refers only to a person’s chronological age, not their physical or mental condition. Elderly refers to persons 65 years of age or older.* (Slee, Slee & Schmidt, 2009, p. 219)

5. Emotional wellness - Includes experiencing and expressing a wide range of feelings, developing abilities to cope with life's occurrences through giving and receiving support and learning to trust and rely on one's ability to deal with any situation. Emotional maturity allows people to develop meaningful connections with other beings and to acknowledge a level of interdependence. Emotional wellness enables people to live fully engaged lives that can be shared intimately with others. (The WELCOA Writing Project, 2006)

6. Environmental wellness – Encompasses acknowledging the interdependence between man and the earth and other living beings. Maintaining and replenishing the resources a person needs to support current and future life is the goal. Caring for the animals and places that are entrusted to you in a way that ensures continued viability for all life forms demonstrates environmental maturity. Designing work and play spaces that enable full healthful function while maximizing usability is desirable. Cultivating an appreciation for the beauty found in nature and being surrounded with rejuvenating, comforting, and affirming places and people contributes to the ability to refresh, revitalize, and
enhance full capacity wellness capabilities. (The WELCOA Writing Project, 2006).

7. Financial wellness - Working towards balance in how people think and feel about money and how they handle money, having an understanding of their financial situation, caring for finances so that they can handle financial changes (Fitzwater, 2009)

8. Phenomenological study – qualitative research designed to understand a small, selected group of people’s perceptions, understandings, and beliefs concerning a particular situation or life event.

9. Physical wellness - The Physical Dimension of Wellness for an adult includes all aspects of keeping your body functioning at its maximum capacity over the entire lifespan; delaying the onset of disease or dysfunction until the last stages of life is the ultimate goal. Exercise, nutrition, weight management, self-care habits, stress reduction, sleep, and prevention behaviors all contribute to keeping the body moving adequately to fulfill its daily requirements (The WELCOA Writing Project, 2006)

10. Smart House - Homes infused with technology with the purpose of supporting the residents. Support may include remote or computer based environmental control, information access, communication, monitoring, etc. (Such, et al., 2006)

11. Social wellness - The social dimension for adults includes being able to create and sustain relationships with, family, friends, peers, and acquaintances over time. Developing appropriate levels of intimacy within those relationships is key for establishing mutual nurturing, feelings of support, camaraderie, and friendship.
These are the things that sustain us through life, in good times, and bad. Exhibiting awareness that relationships are dynamic and changing things, that many interests are involved and that successful relationships often call for compromise can help establish trust in a mutual benefit, a ground stone of intimacy. Having the ability to communicate well, address issues that invariably arise within relationships and being able to work through them with friends, family, or significant others represents maturing social behavior. Accepting and giving support, nurturing others as well as letting other people support and express care can also demonstrate social maturity (Fitzwater, 2009; Hettler, 1976; The WELCOA Writing Project, 2006).

**Significance of the Problem**

As the baby boom generation ages, the number of elderly in the United States will continue to increase; due to this large number of people a strong focus has been placed on allowing elderly individuals to age in place. The aging in place concept has great potential for elderly individuals because it can help reduce healthcare costs and help maintain environmental familiarity. Conversely, it also introduces issues associated with elderly individuals living unsafely in isolation (Huyck, Ayalon, & Yoder, 2007; Torp, Hanson, Hauge, Ulstein, & Magnusson, 2008). The purpose of this study was to gather data from elderly adults to better understand what monitoring systems they would be willing to have installed in their homes in order to be able to remain in their homes. This information will be used to identify opportunities to design, develop, and test remote environmental monitoring sensors that can be used to extend the time aging adults can safely live alone.
Limitations

A variety of factors, beyond the control of the researcher, could have affected the outcome of this study. They are listed below.

1. Snowball and convenience sampling techniques were used to recruit participants. Therefore study results are not generalizable beyond those who participated.

2. The experience level of the researcher might also have had an impact on the level of discussion elicited from participants during focus groups and the analysis of the results.

3. Two of the three focus groups had half the number of participants planned for in this study. The discussion may have been more robust had more people participated.
Chapter II: Review of Literature

Introduction

The focus of this study was to determine if independent living elderly adults would be willing to have lifestyle monitoring technology in their homes. To study this problem the literature was reviewed and is presented in the following sections: 1) Demography of the Elderly 2) Care for Elderly Adults 3) Technology Supported Aging in Place.

Demography of the elderly

According to the U.S. Census (2008) there were nearly 38 million elderly adults living in the United States. Of those elderly adults over 24 million were living in family households, 10 million were living alone and nearly 15 million were living with a disability. The census projected that by 2010 there would be over 40 million elderly adults as the percentage of Caucasian American, Black American, Asian American, Hispanic, American Indian, and Pacific Islanders were all projected to increase.

The date January 1, 2011 is recognized as the day the first members of the American baby boom generation will reach age 65 years old, with an estimated increase to nearly 55 million by 2020, and more than 70 million by 2030 (Boult, et al, 2009; Love, 2011). In light of these changing demographics it has become increasingly important to focus research on the issues facing this growing section of the U.S. population (Maas, Conn, Buckwalter, Herr, & Tripp-Reimer, 2009).
As far back as 20 years ago the U.S. Department of Health and Human Services commissioned research projects which focused on the elderly and their use of assistive technology in the home (Elliot, 1992). In the 1992 report, Elliot noted that persons aged 65 and over, were the primary users of medical, social, and personal care services targeting functionally impaired individuals. Additional projections from that report to the U.S. Department of Health and Human Services estimated that by the year 2020 there would be 10.1 million functionally disabled elderly living in community and 2.5 million in nursing homes. More recent figures show that in 2003, 1.5 million elderly were living in nursing homes, giving some credence to Elliot’s projections (Centers for Disease Control and Prevention [CDC], 2008). With these projections it is understandable why health and wellness services focused on the medical, social, and personal care of persons aged 65 and over has emerged as a significant health and social policy issue in the U.S. (CDC, 2008; Elliot, 1992; Stearns, et al, 2001; Rhee, Sasso & Emanuel, 2009)

**Care for elderly adults**

Long term care which takes place in nursing home facilities is expensive and consumes a large percentage of government spending through Medicare and Medicaid. Finding ways to control costs is high on the agenda of the U.S. Department of Health and Human Services (Elliot, 1992; Jacobson, Neuman & Damico, 2010; Spillman, Liu & McGilliard, 2002)

It is interesting to note that 10 years ago the home-ownership rate of Americans over age 65 was close to 80 percent and remains high as people continue to age (Lawler, 2001; US Census Bureau, 2008). A study conducted to determine the economic implications of self-care found that modifications to support increased mobility and
support while in the home along with the frequent monitoring of biometric measures was linked to a reduction in Medicare expenditures (Stearns et al, 2000). The U.S. Department of Health and Human Services has recognized the importance of finding ways to control costs while enabling elderly to live as independently as long as possible in their homes (Elliot, 1992).

Home health care is another area of the U.S. health care system that caters to the elderly adult population. This type of care is provided to individuals in their homes and is meant to promote, maintain, or restore health so that individuals can retain a level of independence while staying in the home. In 1996 the National Home and Hospice Care (NHHCS) Survey estimated that there were almost 2 million patients 65 years and older who made use of home health care services. These individuals received either assistance with activities of daily living such as bathing, dressing, eating, or getting in and out of bed. Other activities tracked in this survey were instrumental activities of daily living which are considered as more complex tasks that allows an individual to stay in the home longer, such as, light housework, money management, shopping, meal preparation, and medication compliance (Munson, 1999, p. 1).

According to the NHHCS the elderly patients were predominantly widowed, white, non-Hispanic women ages 75-84 years old, most often living in a private residence with members of their family. Skilled nursing services were identified as the most home health care service used by the elderly (Munson, 1999). While home health care administered by trained practitioners continues to be an option, the U.S. Department for Health and Human Resources found that the pool of service providers is shrinking whereas elderly adults who want to stay in the home and retain some level of
independence as they age is increasing (Elliot, 1992). Since 1992 the U.S. Department of Health and Human Services suggested that more research had to be done and solutions needed to be found.

Recent research has focused on the comparison between care-giving administered by trained practitioners in an institution to care provided by family members or by the elderly themselves as they age in place at home (Huyck, Ayalon, & Yoder, 2007; Torp, Hanson, Hauge, Ulstein, & Magnusson, 2008). The research conducted on the care of the elderly is demonstrating the benefits of the elderly staying in the home as they age.

There has been more acceptance of the idea that relocation is unnecessary as a person ages. Research points to the idea that modifying the living environment by adding assistive technology in the residence can be beneficial and accommodating to a wide range of elderly adults aging in the home (Lawler, 2001). According to a 2000 American Association of Retired Persons (AARP) report

*The desire to remain in their current residence for as long as possible becomes more prevalent as age increases. Seventy-five percent of those age 45 to 54, and 83 percent of those age 55 to 64 strongly or somewhat agree that they wish to remain in their homes as long as possible, while 92 percent of those age 65 to 74 and nearly all of those age 75 and over (95 percent) want to do so.* (Bayer & Harper, 2000, p. 25)

When done successfully, aging-in-place programs have been found to

*Minimize the provision of inappropriate care, and therefore the costs, by offering a range of flexible services and calibrating those services to fit the needs of the individual...Aging in place works best as part of a comprehensive and holistic*
approach to the support needs of an aging individual and an aging community
(Lawler, 2001, p. 1).

As far back as 1992 the U.S. Department of Health and Human Services identified assistive technology as part of the solution already being explored by researchers, caregivers, community members, and the elderly themselves to support safely staying in the home as long as possible (Elliot, 1992). According to the Technology Related Assistance Act of 1988 (P.L.100-407), Assistive Technology is any item, piece of equipment, or set of products that helps a person with a disability to increase or improve his/her functional capabilities (Congress of the US, 1988). These technologies can allow an elderly adult to function more independently, stay in the home longer, and have been recognized by policy makers as making good fiscal sense since they have the capacity to decrease the need for expensive formal care and intensive informal care (Elliot, 1992). The following paragraphs explore assistive technologies and devices that can be used in the home to monitor and even enhance the health of adults who remain in their homes as they age.

Technology supported aging in place

Even though there has been a tremendous growth in technology over the past 10-15 years the elderly continue to be a group identified as slow to adopt technology usage. Roseman and Stephenson (2005) created a study that examined the impact of computerized election equipment on elderly voter turnout. The authors used voter turnout data from Georgia counties between 1998 and 2002 to explore results. The findings from the study showed that after the switch to computerized election equipment the percent of elderly voters decreased. This article showed a correlation between the use
of technology and an absence in older adults’ voter turnout. This research focused on adopting technology for usage outside of the home and for a one time purpose, which in this case was voting.

In contrast research conducted by Torp, and colleagues (2008) to determine the effectiveness of information and communication technology being used to monitor and enhance the health of adults over 60 years found that there was high level of technology usage. This particular study looked at technology that supplied information about chronic illness, caring and coping, establishing support networks, and reducing stress and related mental health problems.

Faucounaua, Ya-Huei, Boulay, Maestrutti, and Rigaud (2009) conducted a study to determine older adults’ attitudes towards a robotic presence in the home. The researchers were looking for ways to assist elderly persons as they aged in the home. Findings revealed a positive overall attitude to the presence of these devices in the home and the devices’ cognitive stimulation and safeguarding functions (example: fall detection) in particular received the highest positive response rate from participants.

One of the issues surrounding the use of such technologies relates to the privacy concerns of users. Birnholtz and Jones-Rounds (2010) found that elderly persons placed a high value on their privacy and independence. The study they conducted showed that technologies such as an emergency help necklace that can be pressed to signal for emergency care allowed elderly persons to maintain their need for privacy and independence (Birnholtz & Jones-Rounds, 2010). Similarly, mobile safety alarms which were based on the home models that were used as rapid response technology for aged individuals who experienced an unexpected critical event such as a fall were also
evaluated. Melander-Wikman, Faltholm, and Gard (2008) conducted the study and asked their subjects to describe their experiences and reflections on safety, privacy, and mobility after participating in the study.

Four healthy elderly persons without functional limitations (two men and two women) and five elderly persons with functional limitations (one man and four women) agreed to participate in the test and be interviewed. These nine participants were experienced in using information and communication technology, including mobile phones, and many used computers in their daily life. The mobile sensors worked in two ways. First, they could be manually triggered and a call using a global positioning informer would be sent to a human receiver who would make sure help was dispatched. Second, a fall sensor could tell if the wearer had a sudden drop. If this occurred the location information and a call would be automatically sent to a human phone monitor when this occurred. The main finding of the study was that participants generally felt that being located by means of the mobile alarms locating device was not a threat to their privacy as long as they were able to decide how they used the alarm.

Another study conducted by Demiris and colleagues (2004) examined the attitudes that a group of older adults had towards ‘smart home’ technology and in-home monitoring devices. A smart home is a house fitted with technology that creates a user controlled interface through a computer or remote control. A smart home is created to either improve the quality of living, monitor/transmit health information or a combination of the two. Analysis of the qualitative data revealed themes that included the perception of usefulness of devices in health-related issues. The researchers concluded that all participants had a positive response to technology in the home.
From January 2005 to August 2007 Demiris, et al. (2008) conducted a participatory evaluation of an actual smart home project implemented in an independent retirement facility in Missouri. The smart home used in the evaluation was developed on the principle of aging in place; that is, it offered service as needed to enable elders to remain at the residence of their choice for as long as possible instead of being transferred to different care facilities each time their health care needs increased. The smart home technology implemented used sensor technology to monitor and assess various problems in mobility and cognition of the elders. The sensor gave the observer a way to pick up on conditions and changes in daily patterns that may indicate abnormalities or changes in function.

The in-home monitoring system consisted of a set of wireless infrared proximity sensors to detect motion, pressure switch pads (sensor mats), a stove temperature sensor, sensors on cabinet doors, and a bed sensor capable of detecting presence, respiration, pulse, and movement of a subject in the bed (Demiris et al., 2008). The sensors were being used to tell the health staff and research team if an immediate intervention was needed due to a critical issue (e.g., a fall), if a pattern correlated with a medical event (e.g., post heart attack activity), or if a gradual change has occurred due to fading health. The nine residents recruited for this study were interviewed weekly for the first six months of the study and bi-weekly for the remainder of the study, for a total of 75 times. The overall response to the technology was positive and the participants claimed the technology did not interfere with their normal activities.

Sponselee, Schouten, Bouwhuis, & Willems (2008) conducted a study to explore possible relationships between the key stakeholders in the field of smart homes (care
receivers, care givers, designers, care institutions, service providers, housing corporations, insurance companies, and the government) and the implementation of smart home technology in the residences of the elderly. The researchers found that both care givers and care receivers are likely to have resistance to technology in the home. When speaking about elders attitudes toward today’s technologies Bronson (1998) uses the term Technophobia to describe a fear or aversion to technology. Bronsan suggests that this is due to participants’ limited knowledge about the functionality of many of the technologies. Another fear was that if more dependence was placed on technology that elderly persons might become lonely because they lack human interaction. The research also described the disconnection between the designer of smart home technology and the elderly as users of the technology (Sponselee, Schouten, Bouwhuis, and Willems, 2008). One of the findings was that a designer creates a product with function in mind but does not necessarily understand that an elderly person might have resistance to the new technology because of their lack of technological experience. The study concluded by claiming that the designer of smart home technology might gain from an understanding of the perceptions of the elderly when it comes to the use of technology for monitoring health related issues as the persons age in the home (Sponselee et al., 2008).

Research into new technological developments that can contribute to the care of the elderly is a clear recommendation based on the literature reviewed. Electronic sensors, video-monitoring, remote health monitoring and equipment such as fall detectors, door monitors, and alerts, pressure mats and smoke and heat alarms can improve patients’ safety, security and ability to cope at home (Miskelly, 2001, p. 455). Care at home and in community has been determined to be preferable and usually less
expensive than nursing home care. Comprehensive aging in place systems which include technology to support the elderly staying in the home could benefit the elderly and those closest to them (Miskelly, 2001 & Edes, 2010).

**Summary**

Much of the literature reviewed dealt with technology and its uses in elderly health care. One of the general stereotypes about older adults is a resistance to technology, although, in the results of nearly all of the literature reviewed, when it was explained how a particular technology could be useful, elderly adults showed a positive response to new technology in their homes, even in private places like their bedrooms or on their person (Edes, 2010; Miskelly, 2011; Roseman & Stephenson, 2005; Sponselee et al, 2008). However, it is noted that not everyone will benefit from or accept new assistive technology and devices. Assessing each person’s situation is important, especially when taking privacy concerns into consideration. In addition, older adults with physical or cognitive impairments may have difficulty adapting to new technologies (Miskelly, 2011). Smart home technology was a well represented field, the fact that much of the research pointed towards a positive response by both potential elderly clients and caregivers bodes well for future use and suggest that additional research should be conducted with diverse populations (Edes, 2010; Miskelly, 2011; Roseman & Stephenson, 2005; Sponselee et al., 2008).
Chapter III: Methods

Introduction

The problem addressed in this study was to determine if independent living elderly adults would be willing to have lifestyle monitoring technology in their homes. The following is a description of the methodology of this study, for clarity this chapter has been divided into these sections: 1) Design of the Study, 2) Arrangements for Conducting the Study, and 3) Procedures.

Design of the Study

This study follows the qualitative research design approach of phenomenology. Phenomenology is concerned with understanding the meaning of events and interactions of ordinary people in particular situations. Rather than making assumptions about what things or events mean to research participants, the researcher attempted to understand participants’ lives, behavior, and thinking by listening, analyzing, and interpreting the descriptions and explanations they provided (Bogdan & Biklen, 2003). A phenomenological approach was determined to be best suited for this study because it allowed the researcher to take full advantage of the multiple ways people describe their experiences and perceive daily life. This study focuses on the perceptions of elderly adults with respect to their lifestyle and well-being; relocation potential; and health supportive technology within the home. Phenomenologists contend that multiple ways of interpreting experiences are available to each of us through interacting with others, and
that it is the meaning of our experiences that constitutes reality (Bogdan & Biklen, 2003, p. 23). This research attempts to make the reality of the lived experiences of elderly adults more accessible.

**Arrangements for Conducting the Study**

In order to proceed with this study, the following tasks were completed. First, Institutional Review Board (IRB) clearance was obtained (see Appendix A). Second, an original data collection instrument was drafted by the researcher and then tested in a pilot study. The results of the pilot study were shared with the research team to assess the face validity instrument (McKenzie et al. 1999). Third, the Community Center for Vital Aging (CCVA) was contacted to assist in setting up data collection sites with local elderly-serving organizations. Fourth, volunteer participants from local organizations were identified for focus group participation. Fifth, three focus groups were conducted with the participants. Sixth, the audiotapes of the focus groups were transcribed. Finally, the entirety of the recorded data was organized, analyzed, interpreted, and discussed.

**Procedures**

A presentation of the procedures used by the researcher is detailed in the sections below.

**Pilot study.**

A pilot study was conducted to provide information to support the face validity of the original instrumentation for this study. The original moderators guide was used to collect qualitative data from participants who fit the inclusion criteria. Three participants were recruited from the Hanna Community Center in Lafayette, Indiana, to speak about
their feelings on lifestyle monitoring technology for use within their homes. The pilot study followed the same procedures planned for the data collection focus groups. The pilot study was conducted and audio was digitally recorded by the researcher. The overall response to the questions presented to the elderly adults was positive. Each participant said they would be open to having lifestyle monitoring technology inside of their home. The questions and transcriptions used in the pilot study were presented to the research committee. Changes were made to the interview guide and the updated guide used for this research can be found in Appendix C.

**Requirements for focus group participation.**

Permission was secured from two local organizations to recruit their members as participants in the three focus groups. The first focus group consisted of elderly adults recruited at the CCVA. The same recruitment technique was used to gain focus group members from another community organization that serves the needs of older adults; Ball State Universities Association of Lifelong Learners (ALL). To be counted in the actual data collection, participants had to meet the following inclusion criteria: 1) Age ≥65 years old, 2) current residents of East Central Indiana, 3) literate, 4) mentally sound, and 5) living independently.

**Participants.**

Each participant was selected using a mixture of convenience sampling and the snowball method. Each participant had to sign a consent form (See Appendix B) in order to participate in the study. To recruit participants for the first focus group the researcher contacted a local community center that specializes in the enrichment of local
independent living elderly adults. The community center (CCVA) was located in Muncie, Indiana, and the first focus group was conducted on site at their facility. Members of the CCVA’s leadership team were instrumental in supporting the recruitment efforts. The researcher and members of the CCVA’s leadership team used the CCVA’s membership logs to contact active members of the CCVA by telephone. Through these one-on-one conversations, interested members were screened according to the data collection’s inclusion criteria. Volunteer participants were asked to invite friends, family members, or associates to be active members of the focus group as long as they were deemed appropriate candidates for data collection, as per the inclusion criteria. Individuals who were appropriate candidates for the study came to the first scheduled focus group on site at the CCVA.

To assist in the recruitment of participants for the final two focus groups the researcher contacted the ALL. The researcher met with the leadership of the association and was given permission to advertise the study and recruit participants through electronic mail. Each active member of the association was sent an electronic mail with a short description of the study as well as a copy of the focus group consent form. The electronic mail informed possible participants that they were welcome and encouraged to bring friends, associates, and loved ones to take part in the focus group as long as they fit into the inclusion criteria as explained in both the electronic mail and consent form.

**Instrumentation**

Since no valid instrument could be found in the literature, an original instrument was created. The researcher created an initial draft of a moderator’s guide and tested it during the pilot study. The results of the pilot study were presented to the researcher’s
thesis committee to determine the instrument’s face validity. Updates were made based on committee recommendations and a final draft was created (see Appendix C). The instrument was then used to facilitate the three focus group discussions.

Each focus group was conducted at the facility where participants were recruited. Each focus group contained 4-8 people and lasted around 90 minutes. The researcher read from the moderators guide in a semi-structured manner, encouraging free idea exchange from the group. A co-facilitator participated in each session and was in charge of assisting the researcher in encouraging robust conversation, keeping time and starting the audio recording. The researcher asked each question from the moderators guide to the members of the focus group. The topics centered on the home life of people participating in the focus group, including worries and limitations. Each focus group was audio taped and transcribed. Participants were informed that personal identifiers would not be used in any published data and that the recordings of the focus groups would be stored securely and destroyed five years after the completion of the study.

Data Analysis

Qualitative data were analyzed using the coding and spreadsheet method outlined by Stockdale (2002). The text of each transcription was placed into a spreadsheet. The response by each participant to the questions asked was organized and coded. A dictionary of popular themes was created and inserted into the document. Each theme can be referenced back to the theme dictionary to obtain a more thorough explanation.
Summary

To study this problem, an original valid instrument was created and used to collect qualitative data from a group of elderly volunteers. The methods used in the selection of participants were both convenience sample and the snowball method. The discussion groups were conducted on-site at each of the participating organizations, with results compiled at the Fisher Institute for Wellness and Gerontology at Ball State University. Data were analyzed using the spreadsheet method outlined by Stockdale (2002) and then grouped for reporting clarity (Appendix D)
Chapter IV: Results

The current growth in the number of older adults is unprecedented in the history of the United States. It is estimated that longer life spans and aging baby boomers will combine to double the population of Americans aged 65 and older during the next 25 years. By 2030 older adults are estimated to represent 20% of the U.S. population (CDC & Merc Company Foundation, 2007). Projections show that Indiana’s older population will likely expand at an even faster rate. Estimations suggest that one in five Hoosiers will be over 65 by the year 2040 (Indiana Business Research Center, 2008). These statistics give a broad generalized view of what to expect in terms of aging in the United States. Research allowing us to focus on older adults and their perceptions on aging helps expand our understanding of these unfolding phenomena. The improved understanding allows us to go further into the multiple and often complex issues which impact Americans as they age and to explore innovative ways to support this growing shift in America’s population.

The research conducted in this study focused on a select group of older adults in East Central Indiana and their perceptions of three issues which are represented in this study in the form of three research questions. The paragraphs which immediately follow briefly outline the purpose of the study, the over-arching research questions, and the reporting framework for the results shared in this chapter.
Purpose of Study

This study was conducted to determine the perceptions of a select group of older adults living in Muncie, Indiana with respect to their current lifestyle and wellness, the potential for relocation as they age, and the possibility of lifestyle monitoring technology in their home. An increase in older adults in the U.S. population warrants an increase in the exploration and research into innovative ways to support healthy aging. Health enhancing and lifestyle monitoring technologies have been created and options for making the home safer for older adults are increasingly being explored. This study is based on the idea that the desire to age in place increases with age (Bayer & Harper, 2000, p. 25). However, that does not necessarily take into account the variety that can be found in the actual perceptions and feelings older adults have about using technology to monitor their lifestyle and wellness within their homes. Some research has shown that adults can be apprehensive about devices keeping tabs on them (Roseman & Stephenson, 2005). To gain a better understanding of older adults more research has to be done in the communities in which they reside. This study, conducted in one such community, focused on the three over-arching research questions outlined below.

Research questions

1. How do elderly persons describe their current lifestyle and wellness?
2. What perceptions do elderly persons have about relocating as they age?
3. What perceptions do elderly persons have about their well-being and the use of lifestyle monitoring technology in the home?
Three focus groups were conducted to collect data for this research. In the paragraphs that follow the focus group demographics and study performance are summarized.

**Demographics and Study Performance**

Six participants comprised the first focus group conducted at the Community Center for Vital Aging, Muncie, Indiana. All participants were residents of East Central Indiana with many of them residing within the city limits. All of the participants were currently retired from various occupations. The first focus group included (three males, three females). Some members of the focus group expressed the fact that they do part time work on a volunteer basis. The majority of the participants appeared to be of Caucasian descent. Three of the six participants had been living in their current residence for more than 20 years.

Four elderly persons participated in the second focus group that was conducted at Ball State University’s Alumni Center. The participants’ included two male and two female members. The participants all had some form of formal education and one group participant identified himself as a retired university professor.

The third focus group, also conducted at Ball State University’s Alumni Center, contained the largest number of participants with eight elderly persons taking part in that focus group. There were five female and three male participants, with several identifying themselves as former university faculty and staff. The latter part of the questioning with this focus group discussion was streamlined due to time constraints.

Throughout the process of collecting data, each participant was an active member of the respective focus group. Each person signed and submitted a consent form to the
researcher prior to participating in the discussion. The focus group discussions were structured in a way that participants responded to the questions in an open forum style. During the focus group discussions participants were not required to respond to each question posed. However, quieter and less detailed responders were prompted with verbal probes from either the group moderator or co-moderator. All participants finished out their respective focus group sessions. There were no question refusals and none of the participants asked to be left out of the data analysis. In general the researcher felt that each focus group participant was very open to sharing.

**Reporting Framework**

Primary and secondary themes emerged during data analysis of the transcripts after they were separated onto spreadsheets. Originally many sub-themes emerged (Appendix D). As the analysis process continued, five primary themes emerged, acceptance of technology, housing issues, comfort levels, concerns and elements of wellness. Those themes are represented graphically below.

**Table 1**

*Emerged primary themes and representative quotations*

<table>
<thead>
<tr>
<th>Housing Issues</th>
<th>Well that’s one of the reasons when my husband got sick we moved into a condominium. So we still have our own facilities but we have neighbors very close. Where before we were ten miles out in the country. It’s very convenient to live where we do. The neighbors do kinda notice if you come and go.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Comfort Levels</td>
<td>I’m comfortable in my home. Since we’ve been talking about this, I’ve been thinking more about my home and what adjustments might I need to make in order to remain there if my health failed. I’m comfortable now and I believe there are ways that it could be adjusted so I could continue to be comfortable.</td>
</tr>
</tbody>
</table>
Table 1

_Emerged primary themes and representative quotations_

<table>
<thead>
<tr>
<th>Concerns</th>
<th>quotations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Well I’ve had my mother in law; I’ve had my mother; both of whom ended up in a care facility so I always ask myself well is that where I’m going too. I’m just working on not being there.</td>
<td></td>
</tr>
</tbody>
</table>

| Acceptance of Technology                                                                                                                  | I would much prefer the technology. I would prefer to remain in my home for as long as I possibly could.                                                                                                                                                                                                                           |
| Element of Wellness                                                                                                                        | I’m very active in congregation. I’m writing and continue doing that; I have been for over 40 years. I’m published; I have been a widow for seven years; I’ve adjusted to it. I don’t have children that are near but they do keep in touch with me more than once a day. |

To answer the study’s research questions, the five-dimensions of wellness were used with the reported comforts and concerns as the primary organizing structure. The themes housing issues and acceptance of technology were included, but within the framework of the dimensions and comforts/concerns rather than separately. The dimensions of wellness included environmental, emotional, financial, social, and physical. These are consistent with dimensions of wellness as defined by The Fisher Institute of Wellness and Gerontology at Ball State University (The WELCOA Writing Project, 2006) and The Center for Aging with Dignity at the University of Cincinnati (Fitzwater, 2009).

The five wellness dimensions were chosen after the data were transcribed. The researcher selected five dimensions that were used to help define each comment. The financial dimension of wellness was used instead of the more traditional vocational dimension because this study deals with a people who are more likely to be retired or not working.
Results and Supporting Excerpts

Research Question 1: How do elderly persons describe their current lifestyle and personal wellness?

The information collected to answer each research question will first be presented as a narrative and will be followed graphically by an information table.

Lifestyle and Wellness Comforts.

Many members of the group expressed a great deal of comfort with their current environment (Edes, 2010; Miskelly, 2011; Roseman & Stephenson, 2005; Sponselee, Schouten, Bouwhuis, & Willems, 2008). Some responses were directed at the inner workings of the house.

I’m secure with the home. I’ve been in environments where I’ve worried about utilities or appliances...But I don’t in the environment that I’m in now. I feel comfortable now not only with people from outside but the environment itself.

Other examples of environmental wellness took the original idea of current environmental comfort and used it as a basis for founding new thinking. One participant shared

I’m comfortable in my home. Since we’ve been talking about this, I’ve been thinking more about my home and what adjustments might I need to make in order to remain there if my health failed. I’m comfortable now and I believe there are ways that it could be adjusted so I could continue to be comfortable.

Environmental wellness was highly represented and was a major theme that provided a wealth of data. The elements of nature surrounding the houses of the
participants was a talking point and was brought up as being a part of the general comfort of the residence. One participant commented,

\[
\text{I just want to stay in my house as long as I can. Westminster does not appeal to me; nothing like that appeals to me. I like nature and we have a lot of land and I would miss that part. I enjoy watching little critters run around the back yard and I enjoy taking care of them.}
\]

The topic of comfort with current emotional wellness was covered by participants who chose to share their feelings about situations they were currently encountering. Expression of feelings about loved ones was a common way that group members chose to express emotional comfort.

\[
\text{I think it depends on the perspective. My mom lived with me for two years, and to be very honest, I didn’t look on it as a burden. I actually looked on it as I was able to have her with me for two more years and now that she’s at Westminster I go up to see her twice a day. And every day to me is a gift.}
\]

Others expressed an emotional reaction to accomplishing tasks. Sometimes when I get something accomplished I’m like yes! I got that done.

Information about financial well-being was shared by various participants that helped paint a picture of perceived comfort levels pertaining to their financial wellness. One such comment by a participant was I think we’re all pretty lucky. Financially, I think, we’re not in a place where it would be a big burden to hire someone to have that done. Overall current financial information was not a heavily discussed topic by the members of the focus groups. This is also evident in what is represented graphically in the information tables for Research Question 1.
Data reflecting the current social issues of elderly persons were heavily represented. Questions of relocation were often responded to with answers involving aspects of social wellness. Each member of the focus group mentioned at least one other person than themselves when discussing relocation.

I’ve lived alone for 11 years and I must kind of take the opposite view. I feel secure; I feel okay. I am in a neighborhood where I know everybody and as far as I know it is a good neighborhood. They’re all very good people and I just feel very secure, and I don’t mind being by myself because I have a lot of company.

Even though current social issues were often discussed during this study, it was often done in an indirect manner which sometimes made it difficult to categorize.

Comforts and concerns specific to individual’s physical wellness were identified. They served to help further understand links between responders’ current capabilities and their responses to certain questions. As per the inclusion criteria, each member of the focus groups had to be living independently. One participant had an experience that appeared unique in this study.

I imagine my kids would want me to come to Indianapolis, but all my friends are here. Going along with that, I was just recently in rehab because of a major surgery I had two years ago. I’ve been in assisted living because I had to learn to walk again and all those things, so I’ve been there; I’ve done that. I want to stay independent for as long as I can.

This participant was able to present a unique outlook on some of the ideas that were presented. He also reported that he would be open to exploring the option of using technology to age in place instead of changing residence. A recurring theme with the
data collected relating to the lifestyle and wellness section is that future instances are discussed much more so than current ones.

**Lifestyle and Wellness Concerns.**

Concerns regarding current lifestyle and wellbeing of the participants were touched on in brief by members of the focus groups. Most instances where lifestyle and wellness concerns were brought up; comments were directed towards the future, as highlighted in this comment

*I’m in a home with a very large garden. That, I love it, but I’m slowing down. I do less and less than I used to do from year to year. The next step would probably get someone to get rid of it, or mow my yard. That eliminates all that work, winter, spring, summer, fall.*

Current lifestyle and wellness concerns were represented less than comforts in the collected data.

Emotional concerns related to lifestyle and wellness were also reported. When it was discussed it was almost always associated with a loved one in some way.

*It hit me extremely hard after my husband died. I just felt really vulnerable and I realized that I didn’t have anything planned for future, health-wise. I had insurance, that’s not what I’m talking about, but somebody to care for me if I have a stroke or I’m just drooling all over the place. You know, if I can’t manage things myself or somebody needs to manage my care. I still feel extremely vulnerable because I have tried several times to get nursing home insurance but I have been denied that.*
Most participants expressed a small amount of concerns that dealt with their present state of lifestyle or wellness.

Concerns involving current financial issues were not discussed at all by participants. Every instance of financial concern was directed at future events, including this quotation by a group member who was asked about current financial issues but ended up talking about future monetary concerns. She began by explaining that in her current financial state she would have little trouble paying someone to do the task she was struggling with; she then expressed the following *But, on the other hand, after a while things could become burdensome.* The practice of revealing only future concerns was a reoccurring theme during the analysis of data.

Current social concerns were a thoroughly discussed topic by the focus group members. When it came to current levels of wellbeing more participants chose to speak about concerns that they found themselves experiencing. In a fashion similar to the current social section, social wellness concerns were most often linked with residence and relocation

*I am living alone and I have for about a year and a half and I do not like it. It puts me in a situation where I am deciding if I should stay in this community or move away, but I really feel that I need to be out of the house that I am in right now. I just have to sort out what’s right for me.*

Other participants focused on a particular relationship and its social impact. *Well I hope what I said didn’t sound too negative. I’m in a good relationship with my daughter, but I would want that to continue, and I think it would continue best if we were both not living together.*
A small number of current physical concerns were expressed during the study. Most had to do with very basic levels of preventative health. We go to exercise three days a week. We go to lunch every day. I have to monitor what I eat and it’s easier to do from a restaurant. Overall, participants expressed a general level of contentment with their current level of physical wellbeing. Participants also mentioned lack of physical capabilities as a major deciding factor for issues of relocation, technology use and family involvement. One participant who already relocated due to her husband’s physical capabilities shared

Well that’s one of the reasons when my husband got sick we moved into a condominium. So we still have our own facilities but we have neighbors very close. Where before we were 10 miles out in the country. It’s very convenient to live where we do. The neighbors do kinda notice if you come and go.

This information is important for describing the demographic of the study.

Tables 1 presents the information discussed in answer to Research Question 1:

How do elderly persons describe their current lifestyle and personal wellness?

Table 2

Representative quotations of Primary themes of comforts and concerns about current lifestyle and personal wellness organized by five dimensions of wellness

<table>
<thead>
<tr>
<th>Primary theme</th>
<th>Environmental Wellness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Comforts</td>
<td>I’m secure with the home. I’ve been in environments, where I’ve worried about utilities or appliances or whatever. But I don’t in the environment that I’m in now. I feel comfortable now not only with people from outside but the environment itself.</td>
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Representative quotations of Primary themes of comforts and concerns about current lifestyle and personal wellness organized by five dimensions of wellness

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<th>Year</th>
<th>The next step would probably get someone to get rid of it, or mow my yard. That eliminates all that work, winter, spring, summer, fall.</th>
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</table>

**Emotional Wellness**

**Comforts**

*I think it depends on the perspective. My mom lived with me for two years, and to be very honest, I didn’t look on it as a burden. I actually looked on it as I was able to have her with me for two more years and now that she’s at Westminster I go up to see her twice a day. And every day to me is a gift.*

**Concerns**

*I have a security system you know I live in a condo but it’s not a gated community. They have restrictions and such so that no one is soliciting and so forth. The building itself is not terribly old however about a week and half ago my garage door opener gave up the goat so I had to get a new one. I can’t open an overhead garage door by myself. That’s one thing I miss is that I don’t have somebody to say hey water pipe’s broken or the microwave doesn’t work. I have to get somebody to take care of it.*

| Financial Wellness | I just feel like if I were alone, there would be maintenance issues and I think we’re all pretty lucky. Financially, I think, we’re not in a place where it would be a big burden to hire someone to have that done. |
| Social Wellness | I’ve lived alone for 11 years and I must kind of take the opposite view. I feel secure; I feel okay. I am in a neighborhood where I know everybody and as far as I know it is a good neighborhood. T-they’re all very good people and I just feel very secure. And I don’t mind being by myself because I have a lot of company. |
Table 2

Representative quotations of Primary themes of comforts and concerns about current lifestyle and personal wellness organized by five dimensions of wellness

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<th>Concerns</th>
<th>Physical Wellness</th>
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<td>I am living alone and I have for about a year and a half and I do not like it. It puts me in a situation where I am deciding if I should stay in this community or move away. But I really feel that I need to be out of the house that I am in right now. I just have to sort out what’s right for me.</td>
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</tr>
</tbody>
</table>

**Concerns**

We go to exercise three days a week. We go to lunch every day. I have to monitor what I eat and it’s easier to do from a restaurant.

**Physical Wellness**

I imagine my kids would want me to come to Indianapolis, but all my friends are here. Going along with that, I was just recently in rehab because of a major surgery I had two years ago. I’ve been in assisted living because I had to learn to walk again and all those things, so I’ve been there; I’ve done that. I want to stay independent for as long as I can.

Research Question 2: What perceptions do elderly persons have about relocating as they age?

Relocation and items related to relocation is a topic that was spoken about at length by each of the three focus groups.

**Relocating Comforts.**

Questions about relocation had the most polarizing answers from participants. Nearly all expressed comfort with their current environment, especially their current residence. One response to whether participants had ever considered moving to an
assisted living facility was I don’t know maybe, it’s reality but I don’t think it’s an issue in our house. I would never have another house in a million years and that’s really the next step when you’re talking about your safety. While some group members expressed being comfortable with eventual relocation, the vast majority stated that the move would have to be preceded by some kind of loss on their part. Many times the loss was of physical capability, but other reasons included the loss of a loved one and issues with home upkeep. That is part of my problem too, is that my house, it’s too big, I cannot take care of it by myself.

Many participants were married or living with a significant other. Some of the lines of questioning asked participants to respond as if they were living alone, with many expressing either comfort or concern at an emotional level. One respondent conveyed both comfort and concern as they expressed emotion in the following quote.

Yeah, having seen my sister lose her husband, and the kind of things that she had to do to adjust to being on her own, and just having gone through some scary times myself, I am now having some duties that I didn’t have before. Knowing that is just being able to support a particular residence; I could see a condo or something. I don’t think that I would have trouble being alone other than that I would miss my husband very much; but I’m pretty independent in that way but I think I would have to be realistic about what I was able to do, and I think a lot of that would mean, if you live in a larger place, you would have to hire a lot of stuff done.

This responder was not the only person to follow a statement of comfort with a message of future concern.
I enjoy my house. I created a little nature area; I enjoy that. The only thing I know that I’m going to get tired of is cooking, and I refuse to go to restaurants all the time. Home maintenance doesn’t bother me. I have done it all my life. Things that I can’t do I hire the work out.

Though most people stated that they were comfortable in their current homes, most recognized the potential need for future changes in residence. Yes, I’d be willing to move into a facility if it became necessary; And, if it was close to my daughter that would be acceptable.

Some respondents commented on financial issues that they associated with both their futures and relocation. Some mentioned the planning and the people involved in managing their finances

Well, I have an 89 year-old sister, and I talk to her about everything. Some things I tell her and some things I don’t. My kids; they know where all my records, finance, and all that stuff are at. I share medical information with my children and my sister sometimes.

Others expressed a strong tie with legal systems and financial issues, with many of the perceived financial comforts revolved around planning for death related expenses. Our daughter’s an attorney so we have living wills, power or attorney, power of health care, and everything. Our daughter came to us and asked what our plans were and helped us to plan out and pre-pay and pre-plan our funeral. While financial information was a relatively well represented topic, it was not always directed specifically toward relocation. Many of the respondents discussed financial considerations in terms of end of life decision-making.
Our daughter’s an attorney so we have living wills, power of attorney, power of health care, and everything. Our daughter came to us and asked what our plans were and helped us to plan out and pre-pay and pre-plan our funeral.

Many members of the group mentioned social pressures associated with moving out of their homes. A few people expressed perceived comfort from family members, especially children in the relocation of their elderly family member.

My kids were quite relieved when I started talking about finding assisted living. And now that I told them that I think that it’s not going to happen they are not as relieved. But then my daughter lives in California, and my son is considering on moving to Wisconsin, and I’d be here by myself.

Some of the other participants mentioned friends and peers have found comfort in assisted and nursing home facilities.

I do know several people, uh, who retired from Ball State, and then went to live out at Westminster because they would be safe, their possessions would be safe, they could have their meals, they wouldn’t have to worry about cleaning. Yeah, and then they were free to travel and not worry about their stuff. So, they just took a very positive attitude towards that whole thing.

Social pressure may have also been seen in the form of strangers enticing people to move into a certain facility. The places I’ve gone and the people who live there seem like ‘Come on, move in! We love it here.’ That’s just the concept that most of ‘em have. They do like it; I can see your point. That’s the reason I want to give it a whirl.

Most participants discussed social issues connected with relocation. Many members of the focus group were comfortable with ideas associated with the eventual
changing of residence. I would prefer to move to Westminster (assisted living) if I needed that much monitoring. Depending on the degree of monitoring, I would go to Westminster. Several stated that they would like to live in the home for as long as possible, but also expressed comfort with changing residence if they were unable to keep up with the demands of living alone after the loss of a significant other, I lost my first husband in 2001 and I was alone for a year and a half. My husband passed away, though, at Westminster, so his death is not associated with the house. The reasons that I moved out of the house was because it was way too big for me.

During the data collection there were a few instances where a participant stated an idea only to change their sentiment later on in the discussion. A notable example from the data was a quote where a participant changes a negative statement about moving to assisted living.

During conversation that kind of changed my mind. I think there is a difference in going to an assisted living and nursing homes. And I think if I went into an assisted living and I needed that help that would be a good option.

Many participants expressed comfort with moving from their home into assisted living facilities. Some group members made comments centered on being comfortable with relocation and accommodating changes in physical abilities. When asked about relocating, a participant responded with this statement, I would be very comfortable there. I’d get an apartment or an assisted living, whatever my capabilities. She was not alone in this belief. Another participant stated that they would still be comfortable if they had a physical need to move to a different residence. I think if I went into an assisted living and I needed that help that would be a good option. The issue of assisted living and its
association with the relinquishing of personal independence was a talking point that was best summed up by the following,

> If you move into assisted living you have a degree of independence. You may need help to take a shower, or you may need help for something else too, to take your medications. But you still have the independence that you can take part in activities that are going on or not.

**Relocating Concerns.**

Many concerns expressed could fall into the category of environmental wellness. An issue that many commented on was a preference to move somewhere that is in close proximity to a family member, usually a son or daughter. *Well, I’d prefer to be where my daughter could watch my health situation. I mean if my health collapsed I would want to be in a place where I could be with people, where I wouldn’t be relying on her for my contacts with other people.* Others were more concerned with the environments that they may have to put up with if they moved out of their current home.

> If I moved into a place, and there’d be 100 people there, I’d be the 100th person and there’d be 99 strangers. And I wonder if I’d be comfortable with 85 of ‘em, or 63 of ‘em, or whatever. You gotta think there’s religious differences, political differences, there’s just certain circumstances I would not want to be in. that would be very uncomfortable given who I am and what I’m all about.

The members of the group were split down the middle when it came to issues of moving. Some were comfortable with the idea of assisted living while many stated some variation of the following quote; *I’d like to stay in my home as long as I can.* Most of the
participants who planned to stay in their homes for as long as possible acknowledged the notion that they would probably eventually have to move out of their current home.

Many members of the group expressed a negative emotional response to moving out of their current residence and into an assisted living facility, as illustrated. *You know subconsciously, assisted living is the first step. What’s the next step? A nursing home? I just wanna stay away.* A few also mentioned having a negative emotional response to being inside an assisted living facility

*I just had a very good friend who, just retired; and she said today’s the day. My wife and I gave her a retirement gift basket. I went around 3 or 4 retirement places and got brochures. No more than 5-6 minutes of being in there I just got the creepiest feeling, oh my god. I don’t want to be here. So, that might be part of it…*

Feelings evoked by the options of relocation changes have an effect on where a person would relocate to, if they chose to do so.

As with other topics, concerns about financial issues and relocation were shared with the group, like this quotation by a rather outspoken member of the collective

*I like the way that these places know that I’m a veteran. So I can get so much a month to help me do this. So I went to the DA to talk to them about it because I knew my dates were wrong, which there are. But he said why don’t you just move into the Indiana Veteran’s Home? It’s dirt cheap to live there, so I looked into it. It’s dirt cheap? It’s the most expensive one on the lot. It’s $277.16 daily.*
The cost of moving and the cost of assisted living facilities becomes an incredibly important factor when it comes down to making the decision of changing residence. The same participant further commented on relocation, and financial issues.

*I’m a little disturbed at the financial information that you have to share with the staff when you consider looking into an assisted living facility. They do want to be sure they can get a hold of all your funds.*

While financial concerns were not heavily represented in the data, the information helps paint an important picture of the study population.

Many of the concerns associated with relocation had to do with family and the feeling of being a burden. Some of the participants pointed towards moving to assisted living facilities instead of with family just for the reason of not wanting to be an inconvenience. One such participant connected the twilight years of his mother with the reason he plans to choose moving into a facility instead of moving in with family.

*I have a son, who lives in Muncie, who said I could move in with him, but I don’t want to do that and I would rather move to a place like Westminster and as long as I can, still get out and have him call me every day, rather than stay at his house. I just, my own mother, I remember did not want to burden us. She always said if we wanted to get help for her that would be fine, but she didn’t want to move in with any of us.*

Many participants expressed future concern for physical limitations. When asked about staying in the home longer as opposed to moving to an assisted living facility one person responded, *One of the things I want eliminated is just the maintenance of my home. I have to hire my neighbor’s kids to mow the lawn, Never had to do that in my life!*
The concern associated with not being able to take care of the house was brought up by many of the participants. An expression of concern about relocating and the loss of independence was a topic brought up by the participants.

*When it comes time to go into the skilled care or the nursing home facility, that decision is oftentimes taken out of our hands. We’re to a point where we can’t take care of ourselves; and that’s the ultimate giving up our independence then.*

In the following section, information Table 3 presents the information discussed in answer to **Research Question 2  What perceptions do elderly persons have about relocating as they age?**

**Table 3**

*Representative quotations of Primary themes of comforts and concerns about relocating organized by five dimensions of wellness.*

<table>
<thead>
<tr>
<th>Environmental Wellness</th>
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<tr>
<td>Comforts</td>
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<td>Concerns</td>
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<th>Emotional Wellness</th>
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<tr>
<td>Comforts</td>
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### Table 3

Representative quotations of Primary themes of comforts and concerns about relocating organized by five dimensions of wellness.

<table>
<thead>
<tr>
<th>Dimension</th>
<th>Comforts</th>
<th>Concerns</th>
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<tbody>
<tr>
<td><strong>Financial Wellness</strong></td>
<td></td>
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<tr>
<td>Comforts</td>
<td><em>Our daughter’s an attorney so we have living wills, power of attorney, power of health care, and everything. Our daughter came to us and asked what our plans were and helped us to plan out and pre-pay and pre-plan our funeral.</em></td>
<td><em>I’m a little disturbed at the financial information that you have to share with the staff when you consider looking into an assisted living facility. They do want to be sure they can get a hold of all your funds.</em></td>
</tr>
<tr>
<td><strong>Social Wellness</strong></td>
<td></td>
<td></td>
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<tr>
<td>Comforts</td>
<td><em>My kids were quite relieved when I started talking about finding assisted living. And now that I told them that I think that it’s not going to happen they are not as relieved. But then my daughter lives in California, and my son is considering on moving to Wisconsin, and I’d be here by myself.</em></td>
<td></td>
</tr>
<tr>
<td><strong>Physical Wellness</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Comforts</td>
<td><em>If you move into assisted living you have a degree of independence. You may need help to take a shower, or you may need help for something else too, to take your medications. But you still have the independence that you can take part in activities that are going on or not.</em></td>
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<th>When it comes time to go into the skilled care or the nursing home facility, that decision is oftentimes taken out of our hands. We’re to a point where we can’t take care of ourselves; and that’s the ultimate giving up our independence then</th>
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**Research Question 3: What perceptions do elderly persons have about their well-being and the use of lifestyle monitoring technology in the home?**

Perceptions of technology by elderly individuals are an important topic in this study. Much of the collected data was used to assist in making connections between comments in this section and real life applications. Both comforts and concerns expressed in technology will be explained across the applicable dimensions of wellness.

**Technology Comforts.**

The data collected shows that nearly all of the participants have some level of comfort with the current technology that they have experienced. Comfort with computer use came up a few times. *I spend a lot of time on the computer, probably too much time. Um, but I have to be with people so I have one or two activities to do every day. Several responses placed computer use within the daily routine. I usually sleep late in the morning and I have my breakfast, get on the computer, go to medical appointments, go to meetings, and I do enjoy TV in the evening. A member who identified himself as a former college professor alluded to his former profession having an impact on his current computer use In my retirement I’ve been revising a textbook and revising a chapter for a
colleague so I spend too much time on the computer. A strong example of comfort with computer use is a member of the first focus group who added I spend twelve hours a day on the computer. I’m a professional story-teller. Use of computers and other technology within the internal environment in the home stuck out as a source of comfort to members of the group. I’m comfortable in my home and I have everything I need. I still grocery shop and pay my bills. I have my internet and my cable and telephone, cell phone, the whole thing.

Computers were not the only technology the group expressed comfort with in their personal environments. Many members mentioned using a telephone or cellular phone. When asked who she was comfortable sharing life information with, one participant made the following comment, With my daughter and my family, with them is like phone calls and emails. The third focus group had a couple of responders that expressed being comfortable with newer smart phone technology, I’m addicted to this. It’s an iPhone. To that comment a different member immediately responded with, That’s what I want. Upon hearing that a third member of the group asked the question, Don’t you think you are truly addicted to it (iPhone)? People have it everywhere and that has become part of our culture.

When the line of questioning turned to the use of new proposed technologies different comfort levels were expressed by the participants. Most group members were comfortable electronically sharing life information with someone. Some used distance as a factor as to who they would share information.

I think that, if it is the case that my son remains far away and my daughter remains halfway around the world, that I would rather transfer that to a friend
close by because if it were something, even of moderate interest or concern,
unless something serious happened, I think it would just worry my kids more than
anything else.

A similar response that substitutes distance for ability to help was,

You’re talking about, that monitoring, I guess I’d feel pretty sure sharing that
with a person who, the person who, had a responsibility for doing something
about it. Whoever was the care manager or whoever needed to know. Not my
other relatives who are busy; what are they going to do?

Even when distance was involved between the participant and a loved one, some showed
interest in transmitting lifestyle information,

No, no I don’t know about that. My daughter knows the problem I had with
getting somebody to call me so she calls me every day from California. She would
probably like having that information so that she wouldn’t necessarily have to
make a call. I wouldn’t mind it.

Participants were asked their opinion on the use of specific lifestyle monitoring
technologies within their homes. Each of the proposed technologies was described to
focus group participants. Many were comfortable with the technologies presented, and
there was much discussion on their personal thoughts and the future possibilities of the
products. When asked about using technology to stay in the home longer one participant
responded, My daughters are in Indianapolis, so, whatever it takes. When asked how do
you feel about using secure technology that doesn't interfere with your day to day living,
focus group members responded by saying, I can see some advantages of that. Others
took more time to comment on the specifics, such as this participant who, when asked
about using light monitoring technology in the home, responded, *I don’t think I’d have a problem with that, I don’t think.* When asked about the pantry/refrigerator use monitor, one respondent commented, *I wouldn’t have any trouble with that.* Of all the proposed technologies the bed use monitor received the highest number of positive responses.

After discussing each technology participants were posed with a question asking if their life progressed to a time where they would either have to relocate or rely on technologies similar to the types discussed. The responses were split with many choosing the technology. *I would much prefer the technology. I would prefer to remain in my home for as long as I possibly could.* While others still believed they would rather relocate, *I would prefer to move to Westminster (assisted living) if I needed that much monitoring.* *Depending on the degree of monitoring, I would go to Westminster.*

When the participants spoke about comfort with technology, they almost always spoke from a practical sense. It was rare to hear someone attach an emotion to the use of technology in a way that displayed comfort. One person expressed the emotion of enjoyment among talk of the practicalities of technology.

*I only watch TV for the news and everything I don’t dwell on. I do them but I go on to the fun things. I don’t spend a lot of time on the internet but when I write I do use it for information.*

Some participants chose to speak on the possible business opportunities that could arise from the use of some of the technologies presented during the study. One person spoke in detail about his take on the possibilities.

*I can see this becoming a business where you are monitoring from week to week, or whatever, because friends aren’t always around because the monitoring*
company would always have a person there, kind of like, I guess, a burglar alarm. 

But it would have to be something where the technology was completely seamless to the person in the house. If they had to do anything at all, it wouldn’t work on certain people, with certain people. If they even had to turn it it’d probably be too much.

Social comforts with technology displayed themselves mostly when group members talked about other people helping make technology efficient. This is a subject that was not heavily covered, and when it was it seemed to always be approached in an indirect manner. One participant spoke on using the bed monitoring technology in connection with people who are connected socially to make it useful.

You know, if it (the bed monitor) had to do with your health, get you up and get you moving and all. Then the children could maybe call a neighbor or something to help. If they felt it could give you a better life.

Bed monitoring technology received a positive response from the majority of responders and was the best received technology in terms of number of positive responses.

Physical comforts and concerns were frequently discussed when the topic of technology was discussed. The lack of physical ability to sustain one’s self is identified as a time where technology is appropriate. An example of this type of comfort is exemplified in the following quote where a participant described a perceived benefit of the proposed bed monitor Right, cause if you had been getting up and getting up and then all of a sudden you weren’t then that would be good. Many participants described how proposed technologies could be positively implemented in their own lives and lives of other elderly persons.
Technology Concerns.

When the prospect of technology was discussed throughout the study many concerns were voiced by participants. They voiced less concerns about current technologies than comforts but expressed a high level of concern when compared to the number of concerns stated for current technology.

Many of the concerns expressed with current technology involved privacy and unwanted attention - *I don’t spend a lot of time on the internet, I just e-mail friends. I try to stay away from all the spam that comes with it* - Other concerns focused primarily on being able to actually use the technology.

*I’m a dinosaur. I have a real trouble grasping it, and remembering the steps you have to do. I never learned how to program a VCR. I never did. Thank god for DVR. All you have to do is point and shoot. It doesn’t require an x amount of steps.*

He was not the only person that expressed concern with using current technology, *But some days I have trouble turning on my television because there’s Uverse and you have to push like three buttons and then it comes on like no scene… or something like that.*

Many concerns were expressed related to the proposed future technologies. As with current technologies, some expressed concern of privacy, particularly with transmitted information. *I certainly don’t want mine out on the internet. I’m a private person.* An issue that came up during discussions is that some felt the technology was not necessary.

*I still think that twice a day visiting is the best thing but if you can’t do that then at least call once a day and check, or morning and evening. Or maybe, if there is
danger about you, wearing a button, which I think is an essential thing. And, having a phone call, I don't think you need much else.

A few concerns about the proposed technology centered on the idea that while the technology has a use, its scope of use is limited. When asked about the bed monitoring system, one respondent stated,

Well, to me, (to use the bed monitor) someone would really have to be in the last few months of life and someone is monitoring them that can’t be there. I suppose there’s a use for it, but in my current state of mind it’d be terribly invasive. If someone were seriously unable to...someone that does have home-healthcare or something like that...they need to be in a nursing home but are managing to stay at home, I get it in that situation, but only in those certain situations.

Emotional concerns associated with using technology arose during discussion. A few participants alluded to negative emotions stemming from a technology issue.

I have a security system; you know I live in a condo but it’s not a gated community. They have restrictions and such so that no one is soliciting and so forth. The building itself is not terribly old however about a week and half ago my garage door opener gave up the goat so I had to get a new one. I can’t open an overhead garage door by myself. That’s one thing I miss is that I don’t have somebody to say hey water pipe’s broken or the microwave doesn’t work. I have to get somebody to take care of it.

Missing having someone who can help with technological problems is an emotional issue.
Of the respondents that mentioned emotional concerns with technology, a common expressed feeling was safety or security. *Okay, I didn’t flush the toilet today, and it didn’t send a message. Will it send the one (from) the refrigerator or just the telephone? Makes me feel safe if it’s attached.* The word invasive was used frequently by participants who did not approve of the idea of some of the proposed technologies presented in the study. One participant was in opposition to most of the proposed technology for his personal use even though he said he could see how it could benefit other elderly persons.

Financial concerns were not a heavily discussed topic. One concern that was expressed during discussion was financial records and their accessibility. One respondent said that they were for sharing information using technology. *I think they’re getting it now whether we want it or not. Our medical history, our financial records; just one more thing.* Overall the groups did not have much to say about financial concerns associated with using the proposed technology.

Many participants expressed concerns that dealt heavily on social issues and technology. Some expressed that people designated to see this information have their own social identity and might not be fully suited to deal with the information.

*No, I wouldn’t mind but I would think that would be a bit invasive. And they would not necessarily, like my daughter doesn’t even answer her cell phone part of the time. Would they be watching us? Would they be checking us?*

A similar quote also alluded that maybe children are not best suited to receive the information. When asked how he felt about some of the proposed technology a participant responded by saying.
Old and helpless. I can see a value to it, but if your medical condition requires it, your doctor or healthcare professional. I don’t know why your children would really want; that depends on each one’s situation.

Physical concerns associated with technology were a well-covered topic. Many mentioned slowing down with current tasks as a reason to look for different residential accommodations. The following quote exhibits some of the physical concerns as well as the participant’s current use of technology to sustain their level of physical wellness,

We have a dog and two cats. It would be hard for me to go someplace where I could not take my dog and one of my cats with me. It could get hard for me to get up to let the dog out. My step-son now plants flowers rather than my doing it because it’s easier for him to get up and down. I generally do the laundry, I like to cook, although I don’t cook as much now as I used to. I have an elliptical at home so I try to do that three days a week. I go to the Y to do weights three days a week. I like to read and watch TV at night.

Participants used future physical issues as a major reason for someone to use the proposed technology. In the following section information Table 4 presents the information discussed in answer to Research Question 3: What perceptions do elderly persons have about their well-being and the use of lifestyle monitoring technology in the home?

**Table 4**

Representative quotations of Primary themes of comforts and concerns about lifestyle monitoring technology organized by five dimensions of wellness.
Table 4

Representative quotations of Primary themes of comforts and concerns about lifestyle monitoring technology organized by five dimensions of wellness.

<table>
<thead>
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<th>Dimension</th>
<th>Comforts</th>
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<tr>
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<td>I would much prefer the technology. I would prefer to remain in my home for as long as I possibly could.</td>
<td>I’m a dinosaur. I have a real trouble grasping it and remembering the steps you have to do. I never learned how to program a VCR... Thank god for DVR, all you have to do is point and shoot. It doesn’t require an x amount of steps.</td>
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<td><strong>Emotional Wellness</strong></td>
<td>Okay, I didn’t flush the toilet today, and it didn’t send a message. Will it send the one that the refrigerator or just the telephone? Makes me feel safe if it’s attached</td>
<td>(Light monitor) I’d be against that. I think it would be invasive for someone to be monitoring whether I turn the light on or off. That’s too futuristic for me.</td>
</tr>
<tr>
<td><strong>Financial Wellness</strong></td>
<td>I can see this becoming a business where you are monitoring from week to week, or whatever, because friends aren’t always around because the monitoring company would always have a person there, kind of like, I guess, a burglar alarm. But it would have to be something where the technology was completely seamless to the person in the house. If they had to do anything at all, it wouldn’t work on certain people, with certain people. If they even had to turn it it’d probably be too much.</td>
<td>I think they’re getting it now whether we want it or not. Our medical history, our financial records; Just one more thing.</td>
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<td><strong>Social Wellness</strong></td>
<td>You know if it (the bed monitor) had to do with your health, get you up and get you moving and all. Then the children could maybe call a neighbor or something to help. If they felt it could</td>
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Table 4

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<tr>
<th>Concerns</th>
<th>Physical Wellness</th>
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<tr>
<td><strong>Concerns</strong></td>
<td>I think it might vary. Again, with the situation. There might be some families where that’s fine. Everybody’s up and running and it’s nice to know you can look at something, ‘ope, mom’s okay today.’ But there are other cases where you need to hear their voice, and I think you still want that personal contact.</td>
</tr>
<tr>
<td><strong>Comforts</strong></td>
<td>(Bed monitor) You know, if it had to do with your health, get you up and get you moving and all.</td>
</tr>
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<td><strong>Concerns</strong></td>
<td>(Bed monitor) Well, to me, someone would really have to be last few months of life and someone is monitoring them that can’t be there. I suppose there’s a use for it, but in my current state of mind it’d be terribly invasive. If someone were seriously unable to...someone that does have home-healthcare or something like that...they need to be in a nursing home but are managing to stay at home, I get it in that situation, but only in those certain situations.</td>
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**Summary**

Each of the three research questions yielded a wealth of information that displays the opinion of the people who chose to participate. For clarity this section will be organized by research question. With regard to the first research question (How do elderly persons describe their current lifestyle and wellness?)

Most of the elderly persons that participated in the focus groups expressed a great deal of comfort with their current lives in terms of both lifestyle and perceived wellness. The vast majority of concerns expressed in this section dealt with future concerns that generally included the loss of current physical or mental capabilities.

Review of the second research question (What perceptions do elderly persons have about relocating as they age?) showed only a few of the focus group participants were ready to
move from their current location, but nearly half explained that they would be comfortable moving to either assisted living, nursing care facilities, or in with family when they did consider themselves no longer able to manage their residence. Most wanted to stay in their home longer and nearly half said they wanted to stay as long as possible. When asked if they would rather use technology to stay in the home or move to a different residence the answers were split between the two choices with a few choosing to reserve judgment.

The final research question - What perceptions do elderly persons have about their well-being and the use of lifestyle monitoring technology in the home? - showed that nearly all people expressed comfort with technologies they currently use or come into contact with. A wide range of technologies were used by the group, from people who did not watch television to people who spent most of their waking hours using a computer or smart phone device. Nearly half of the participants expressed at least one concern with the proposed technology but over half were receptive.
Chapter V: Discussion and Recommendations

Introduction

Statement of the Problem.

The focus of this study was to determine the perceptions of independent living elderly adults on lifestyle monitoring technology in their homes.

The origin of this study was based off thoughts of what the future will bring for baby boomers crossing the threshold into the legal state of elderly status. The idea that there will be widespread growth among the 65 years and older population for years to come brought up questions of the best ways to deal with a drastic increase of a specific demographic. The principles of aging in place through technological advances were exposed to the researcher and from that this qualitative study was developed. The researcher sought to ascertain if current elderly persons who are living independently would be interested in using specific, lifestyle monitoring technology to transfer health information to caretakers for the purpose of allowing them to live independently for a longer period of time.

Using the snowball method and convenience sampling, 18 elderly East Central Indiana residents participated in three separate focus groups. Qualitative data were collected from the groups in the form of audio recordings that were subsequently transcribed verbatim and coded into spreadsheets for analysis (Stockdale, 2002). The analyzed information showed many themes with the most important having to do with the
original question. Many of the participants stated that they would like to stay in their own homes for as long as possible, and nearly half of the participants said that they believe they would prefer to use technology and stay in their own home rather than relocate to different housing.

**Discussion**

The participants of this study were very receptive to current technology. During the focus group process nearly every person mentioned a technology that they used regularly. It was very clear that microwaves, televisions, and cellular phones were used commonly and without complication for the majority. However, many concerns were voiced when the prospect of new technologies were brought up.

Much of the related literature included information about elderly individuals having a propensity for technophobia (Sponselee et al., 2008). Based on this research study I do believe that explaining a technology and asking for an immediate response may spark feelings of technophobia, this may not be the most appropriate tactic for getting responses. On a related note, some of the respondents prefaced their comments about the new technology by stating they had a difficult time projecting themselves far enough into their future to properly assume what their response would be. *Well I think you really can’t make that decision until you come to it. I don’t think you can predict now what you’re going to do.*

When readiness to change residence was the topic most stated that they were comfortable where they currently lived. In accordance with the literature desire to age in place is shown to increase with age (Bayer & Harper, 2000, p. 25). A few mentioned even looking toward moving at the time of the study. Most participants felt that they
were able to take care of themselves in their residence and most said they would only move if they were unable to care for themselves. Physical limitations provided the main reason someone felt they were unable to live where they were. One respondent currently researching assisted living facilities stated financial, emotional, and social wellness concerns associated with changing residence. The overwhelming majority of participants stated that they were not ready to move from their current home even though some were contemplating it at the time.

Some participants stated that they would like to stay in their homes for as long as possible. Other responses suggested that participants would rather use the technology proposed in the study than move to a different residence. This supports the idea that there is a market for technologies that help sustain a current residence. The study by Demiris and colleagues (2004) that inspired this study had 15 participants and they all showed a positive attitude towards smart home technology. Due to the similar nature of the proposed technology in this study the researcher was curious to see if an overall positive perception would be seen from the participants.

Nearly half of the group believed they would rather attempt to use lifestyle monitoring technology to stay in their home than move to a different residence. What must be considered is that this is a dynamic answer that may change due to life altering factors. A key factor also related to social wellness. Many of the participants who believed they would choose to change residence said that they would prefer moving in with family. By the time older adults are unable to care for themselves in their residence, their family arrangements could be vastly different. What now looks like a viable option in terms of comfort, space, and security can be changed into a non-appealing option by
changes of marital status, family additions or tragedies such as death, sickness, poverty or natural disaster.

It is noteworthy that an overwhelming majority of the participants in the study expressed levels of comfort with their current life across five dimensions of wellness. Throughout the analysis the researcher noted how these dimensions of wellness intersected based on participants perceptions and described experiences. For example, participants’ comfort with knowing and enjoying their current surroundings in the home could be an example of environmental wellness because the comfort comes from how the home is set up, but it could also be tied to the physical dimension if the participant’s comfort stems from how they are physically able to function in their home. This supports the theoretical model of well-being as holistic. However, for the purpose of this qualitative research study a thematic categorization had to be identified. Based on what was described and the subsequent analysis, the researcher identified five dimensions of wellness emerging from the analysis of the data. The five themes were the environmental, emotional, financial, social and physical dimensions of wellness.

The research collaborative between the University of Cincinnati, The Ohio State University, and Case Western Reserve University (2010), Netwellness.org, identified and defined eight dimensions of wellness specifically pertaining to a holistic understanding of the well-being of older adults. The five dimensions which represent the organizational structure of the findings in this research utilizes the definitions provided by the senior health research collaborative between the University of Cincinnati, The Ohio State University, and Case Western Reserve University (2010); the seven dimensions of wellness developed by the Fisher Institute for Wellness and Gerontology (2011) and used
by the Wellness Councils of America (WELCOA). The 6 dimensions of Wellness Model first established by Hettler in 1976 and later adopted by the National Wellness Institutes was also utilized.

With only a few notable exceptions, the group members demonstrated high levels of current contentment that is an expression of overall wellness (Buchanan, 2000; Hattie, Myers & Sweeney, 2004; Myers, J. E., Sweeney, T. J.). That is not to say that the people were without struggles, but the fact that the battery of questions that dealt with the perceptions of their current situation were met with such positive results is a telling sign. The fact that future issues brought out so much concern is also a telling sign, some of that may be the technophobia mentioned earlier but concerns were also more prevalent in non-technology questions. The researcher is led to believe that the concerns were linked to the acceptance of human mortality (Cataldo, 1994; Yeun, 2005).

**Recommendations**

**Recommendations for Implementation.**

The importance of forward thinking when it comes to issues that will arise due to the elevating number of elderly persons in this country have been stated throughout this study. Research states in very clear terms that there will be more people living past the age of 65 than ever before (Barrett, 2011; Boult, et al, 2009). That will in turn raise the need for specific cultural features that are tailored to the comforts and concerns of the elderly. An example of conforming to specific cultural features is the idea of making the implemented technologies seamless. An idea that was spoken on several times during the study was that the more interaction a technology requires of elderly, the less desirable it
becomes. The researcher believes that the participants in this study would be more likely to use a technology if it did not require extra effort on their part. The idea of aging in place is an option that reduces the complications of changing residence including familiarity issues and looking for a place to move a lifetime of possessions. The qualitative results from this study cannot be generalized to the entire elderly population but they do show an interest in technology aided aging in place by at least half of the participants. These results suggest that there is a market for lifestyle monitoring technology among the elderly and that while further research is necessary, members of this line of business should consider this a feasible direction (Barrett, 2011).

An idea for implementing this information is creating a short written questionnaire to be used to collect perceptions of technology from retiring employees at their companies final exit interview. The study would be based off of this and related studies and be used to gather relevant information from the potential target market of proposed technologies.

An idea that was not expressed in this study was the possibility that elderly adults would like to monitor themselves. Some of the proposed technologies are more conducive to personal monitoring, like the bed monitor. Many elderly adults already take interest in their personal biometric numbers so it is not a stretch to think that someone might want to monitor their own sleep patterns. Self monitoring may also be a factor in implementation, there is likely a section of the proposed technologies potential target market that would want to be informed about the information being submitted. Having a way for the users to track their own information may be looked on favorably.
Recommendations for Improving Research.

A question that directly asked the socio-economic status of the participants would have been helpful in the data analysis section of the study. If the participants had revealed that information the researcher could have documented future trends in lifestyle choices. Another way this research could have been improved is by pushing for a more diverse group of participants. Ideally, a larger representation from the range of cultural backgrounds, may have introduced ideas not identified in the study.

There are many other types of lifestyle monitoring technology than the four proposed technologies of this study. If the participants were exposed to more technologies, it may have been easier to determine their overall perception of lifestyle monitoring technology. Technology that has different monitoring function, such as a fall monitor, could help participants express what capability changes they consider to be the most important.

Recommendations for Future Research.

The qualitative method of collecting data was very useful for collecting in-depth rich information. Participants were able to give clear background and explanation to the answers, providing the researcher with comforts and concerns related to stated perceptions. A quantitative tool in the form of a written questionnaire would be an appropriate next step for collecting data on a larger, more representative group. The questions can be formed using a mixture of the questions asked during this study and ideas conceived from the related literature. The questionnaire should include questions
about socio-economic background, current living arrangement and family involvement to allow future researchers to identify correlations.

At the time of the study, prototype versions of the proposed technology had not been developed. It would have been beneficial for the researcher to actually show a demonstration of the technology to participants. Pictures or visual aids could have been similarly helpful in illustrating the function of the technology.

**Conclusion**

The qualitative research yielded a wealth of data in regards to elderly perceptions of lifestyle monitoring technology. Many of the participants were comfortable with the idea of using the proposed technology, and around half of the 18 participants stated that they would rather use the technologies than change residences. The researcher believes that further research is needed in the form of a quantitative study based on this research.
References


Appendices
Appendix A: IRB Letter

Institutional Review Board

DATE: July 13, 2010
TO: Cortlan Booker, BS
FROM: Ball State University IRB
RE: IRB protocol # 175702-1
TITLE: BSU Remote Electronic Monitoring (BSU-REMS)
SUBMISSION TYPE: New Project
ACTION: DETERMINATION OF EXEMPT STATUS
DECISION DATE: July 13, 2010

The Institutional Review Board reviewed your protocol on July 13, 2010 and has determined the procedures you have proposed are appropriate for exemption under the federal regulations. As such, there will be no further review of your protocol, and you are cleared to proceed with the procedures outlined in your protocol. As an exempt study, there is no requirement for continuing review. Your protocol will remain on file with the IRB as a matter of record.

Editorial notes:

1. You are requested to get informed consent from participants for this study.

While your project does not require continuing review, it is the responsibility of the PI (and, if applicable, faculty supervisor) to inform the IRB if the procedures presented in this protocol are to be modified or if problems related to human research participants arise in connection with this project. Any procedural modifications must be evaluated by the IRB before being implemented, as some modifications may change the review status of this project. Please contact please contact Chris Mangelli at (765) 285-5070 or cmangelli@bsu.edu if you are unsure whether your proposed modification requires review or have any questions. Proposed modifications should be addressed in writing and submitted electronically to the IRB (http://www.bsu.edu/irb) for review. Please reference the above IRB protocol number in any communication to the IRB regarding this project.

Reminder: Even though your study is exempt from the relevant federal regulations of the Common Rule (45 CFR 46, subpart A), you and your research team are not exempt from ethical research practices and should therefore employ all protections for your participants and their data which are appropriate to your project.
Appendix B: Consent Form

**Study Title**  EMI Aging Project: Ball State University Remote Environmental Monitoring System (BSU-REMS)

**Study Purpose and Rationale**
The purpose of this study is to find out what kinds of lifestyle monitoring technologies an independent living adult approve of having in their home.

**Inclusion/Exclusion Criteria**
To be eligible to participate in this study, you must be 65 or older, be able to read at an average level, live independently or semi-independently and be mentally sound.

**Participation Procedures and Duration**
As a volunteer you will be asked to participate in a focus group discussion where you will be asked questions about your personal health experiences as well as your opinion on lifestyle monitoring technology in the home. The focus group will take approximately 60-90 minutes hour to complete.

**Audio or Video Tapes**
For purposes of accuracy, the interviews will be audio taped. Any names used on the audiotape will be changed to pseudonyms when the tapes are transcribed. The tapes will be stored in a locked filing cabinet in the researcher’s office for five years and will then be erased.

**Data Confidentiality or Anonymity**
All data will be maintained as confidential and no identifying information such as names will appear in any publication or presentation of the data.

**Storage of Data**
Paper data will be stored in a locked filing cabinet in the researcher’s office for five years and will then be shredded. The data will also be entered into a software program and stored on the researcher’s password-protected computer for five years or less and will then be deleted. Only members of the research team will have access to the data.

**Risks or Discomforts**
You may choose not to answer any question that makes you uncomfortable and you may quit the study at any time.

**Voluntary Participation**
Your participation in this study is completely voluntary and you are free to withdraw your permission at anytime for any reason without penalty or prejudice from the
investigator. Please feel free to ask any questions of the investigator before, during, or after the study.

**IRB Contact Information**
For one’s rights as a research subject, you may contact the following: Research Compliance, Sponsored Programs Office, Ball State University, Muncie, IN 47306, (765) 285-5070, irb@bsu.edu.

**********

**Consent**
I, ___________________, agree to participate in this research project entitled, EMI Aging Project: BSU-REMS. I have had the study explained to me and my questions have been answered to my satisfaction. I have read the description of this project and give my consent to participate. I understand that I will receive a copy of this informed consent form to keep for future reference.

To the best of my knowledge, I meet the inclusion/exclusion criteria for participation (described on the previous page) in this study.

_________________________________________  ________________
Participant’s Signature  Date

**Researcher Contact Information**

Principal Investigator:  Faculty Supervisor:

Cortlan Booker Graduate Student  Dr. Jane Ellery
Wellness Management  Wellness Management
Ball State University  Ball State University
Muncie, IN47306  Muncie, IN47306
Telephone: (765) 285-8259  Telephone: (765) 285-8259
Email: cgbooker@bsu.edu  Email: jellery@bsu.edu
Using Focus Groups

Worksheets for Planning and Implementing a Focus Group

From: The Health Communication Unit, at the Centre for Health Promotion, University of Toronto
Step 1
Clarify Purpose of the Focus Group(s)

Description of the program

The program is an exploratory measure of perception and attitude towards the implementation of non-invasive monitoring systems in the home. Data will be collected from elderly adults on technological options related to environmental monitoring in the home. The specific aim of the program is to use information from potential consumers in the development of non-invasive monitoring systems.

Why do you want to do the focus groups?

The information gained from the focus group will form the base of knowledge used for decision-making related to identifying opportunities to conduct non-invasive monitoring in the homes of older adults. The focus group is designed to collect qualitative data that will be used to support information regarding possible consumer needs and interests. The idea is to talk with older adults living in East Central Indiana to understand their perceptions related to in home monitoring systems.

What are your research questions? What specifically do you need to know?

1. How do elderly adults perceive having lifestyle monitoring technology installed in their homes?

2. What, if any, lifestyle monitoring technology is preferred by the sampled senior population?

How will the results be used?

The results will be used to support decision-making related to the development of technologies to help older adults successfully age in place.
### Who are your stakeholders and what are their interests?

<table>
<thead>
<tr>
<th>Stakeholders</th>
<th>Interests</th>
</tr>
</thead>
<tbody>
<tr>
<td>Older adults</td>
<td>Environmental stability</td>
</tr>
<tr>
<td>BSU Fisher Institute (Wellness)</td>
<td>Research and applications</td>
</tr>
<tr>
<td>BSU CICS program</td>
<td>Research and applications</td>
</tr>
<tr>
<td>Marywood University</td>
<td>Research and applications</td>
</tr>
<tr>
<td>Children of aging adults</td>
<td>Potential safety implications</td>
</tr>
<tr>
<td>Ball State University (other)</td>
<td>Research and recognition</td>
</tr>
</tbody>
</table>

### Describe the population of interest

<table>
<thead>
<tr>
<th>Age</th>
<th>Gender</th>
<th>Ethnicity</th>
</tr>
</thead>
<tbody>
<tr>
<td>65+</td>
<td>Male and Female</td>
<td>Diverse</td>
</tr>
</tbody>
</table>

**Where do they live?**

East Central Indiana

**What is the best way to communicate with them?**

Telephone

**What is the best way to reach them?**

Telephone, or through the staff of their independent living facility

**Are the sub-groups similar or different?**

N/A

**What issues need to be explored?**

Attitudes,
### Step 2

Assessing your Resources

#### What resources are available to conduct the focus group?

<table>
<thead>
<tr>
<th>Staff</th>
<th>Information</th>
<th>Equipment</th>
</tr>
</thead>
<tbody>
<tr>
<td>☑ Focus group moderator</td>
<td>☐ Names</td>
<td>☑ Word processing software</td>
</tr>
<tr>
<td>☐ Transcriptionist</td>
<td>☐ Phone numbers</td>
<td>☐ Qualitative analysis software</td>
</tr>
<tr>
<td>☑ Data entry person</td>
<td>☐ Addresses</td>
<td>☑ Photocopier</td>
</tr>
<tr>
<td>☐ Telephone interviewers</td>
<td>☐ Other information:</td>
<td>☑ Telephones</td>
</tr>
<tr>
<td>☑ Data analyst</td>
<td></td>
<td>☑ Focus group room</td>
</tr>
<tr>
<td>☑ Report writer</td>
<td></td>
<td>☑ Sensitive tape recorder</td>
</tr>
<tr>
<td>☑ Word processor</td>
<td>Supplies</td>
<td>☐ Other equipment</td>
</tr>
<tr>
<td>☐ Questionnaire writer</td>
<td>☑ Audio and/or video tapes</td>
<td></td>
</tr>
</tbody>
</table>

#### Budget

<table>
<thead>
<tr>
<th>Source</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>N/A</td>
<td>N/A</td>
</tr>
</tbody>
</table>

#### Other special skills of staff/volunteers

N/A

#### Other resources available

N/A
Step 3
Decide on Methods and Procedures

**Number of focus groups to be conducted**

<table>
<thead>
<tr>
<th>How many groups are necessary?</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>How many groups can your budget support?</td>
<td>3</td>
</tr>
</tbody>
</table>

**Description of groups**

<table>
<thead>
<tr>
<th>Group #</th>
<th>Location</th>
<th># of participants</th>
<th>Description of participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>TBD (Lifestream)</td>
<td>8-12</td>
<td>Independent living facility A</td>
</tr>
<tr>
<td>2</td>
<td>TBD</td>
<td>8-12</td>
<td>Independent living facility A</td>
</tr>
<tr>
<td>3</td>
<td>TBD</td>
<td>8-12</td>
<td>Independent living facility B</td>
</tr>
<tr>
<td>4</td>
<td>TBD if needed</td>
<td>8-12</td>
<td>Living at home</td>
</tr>
<tr>
<td>5</td>
<td>TBD if needed</td>
<td>8-12</td>
<td>Mixed</td>
</tr>
</tbody>
</table>
Step 4

Write the Moderators Guide

Instructions

Moderator: Welcome, my name is Corliss Booker and I will be the facilitator for the following focus group. The purpose of this session will be to determine the perception of electronic monitoring systems in the home. I will, on behalf of Ball State University be asking a few questions with the goal of recording the thoughts of the group.

During the focus group, I am going ask you a number of questions. We will audiotape the session so our team can review your comments later. We ask that you answer each question to the best of your knowledge, I will be asking questions and keeping track of time. Please try to talk one at a time so we do not miss out on ideas. Also, please answer honestly and with detail so that we can learn as much from you as possible. We will not share your name or in any way identify you outside of this group. We also ask that you not share identifying information about members of the group with anyone.

We will now go around the table and introduce ourselves starting with myself (Name, affiliation) and then going around the table clockwise.

This group session will last about 90 minutes. If you have questions or need any kind of explanation please let me know. Are there any questions at this point? (Answer questions). Let's begin.

Statement of the Purpose and Confidentiality

The data from this group will be recorded using a tape recorder and stored for five years. Any reports we send out will not include personal information about you that can identify you in any way.

Focus Group Questions

What questions need to be asked and what probes will assist the moderator?

Part A Time 30-45 min

1. How long have you lived in your home?
2. When you think about living alone, how does that make you feel?

3. When you think about changing your current living arrangements, such as going to an independent or assisted living facility or moving in with family, how does that make you feel?

4. When you think about the internal environment in your home how comfortable are you?

5. How do you feel about talking with your loved ones about items like your safety, wellbeing, end of life decisions?

6. What are some of the key tasks you do each day in your home? Cook? Eat? Laundry? Watch TV? Clean?

7. When you think about completing some of these tasks, how do you feel?

8. How do your children and other loved ones feel about you living alone?

**Part B**

**Time 30-45 min**

1. Have you ever considered moving to assisted living facility? Why?

2. With whom are you comfortable sharing information about your life?

3. What kind of information are you willing to have the people identified in the previous question monitor?

4. How do you feel about using secure technology that doesn’t interfere with your day to day living sending daily information to the people you choose?

5. What do you think about having your light use monitored by technology? Your water use? Your pantry doors opening? If and when you are getting out of bed? Refrigerator usage?

6. In terms of how strongly you feel about living in your own home as compared to going into assisted living, would that type of technologies be an option or something you would consider if it meant staying in your own home longer?

**Closing**

Moderator: That was our final question. Again, the results from this study will be reviewed and used to help determine what people find appealing or not appealing about in-home monitoring systems. Are there any questions before we conclude (answer questions)? Thank you for your time.
Step 5
Recruitment of Participants

Sampling

What type of sampling methodology will you use?

☒ Convenience / purposive sample
☐ Random sample
☐ Other (describe)

Contact Information

Where will you get the names and phone numbers or addresses for potential participants?

☐ Telephone directory
☐ Customer files
☒ Organization (which one?) Community Center for Vital Aging/Local Independent Living Facilities/Other Independent Living Facilities
☐ Professional association (which one?)
☐ Other (describe)

Recruitment Screener

What questions are needed in order to recruit the right participants?

1. Age (65+)
2. Living arrangements
3. Mentally Sound
4 Literate
### Step 6

**Logistics**

<table>
<thead>
<tr>
<th>Task</th>
<th>Person Responsible</th>
<th>Completion Date</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Before</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Design methods and procedures</td>
<td>Cortian Booker</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dr. Jane Ellery</td>
<td></td>
</tr>
<tr>
<td>Draft moderators guide</td>
<td>Cortian Booker</td>
<td></td>
</tr>
<tr>
<td>Review moderators guide</td>
<td>Dr. Jane Ellery</td>
<td></td>
</tr>
<tr>
<td>Revise moderators guide</td>
<td>Cortian Booker</td>
<td></td>
</tr>
<tr>
<td>Book focus group facility</td>
<td>Cortian Booker</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dr. Jane Ellery</td>
<td></td>
</tr>
<tr>
<td>Arrange for recording of group</td>
<td>Cortian Booker</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dr. Jane Ellery</td>
<td></td>
</tr>
<tr>
<td>Arrange for refreshments</td>
<td>Cortian Booker</td>
<td></td>
</tr>
<tr>
<td>Decide on recruitment method</td>
<td>Dr. Jane Ellery</td>
<td></td>
</tr>
<tr>
<td>Recruit participants</td>
<td>Cortian Booker</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dr. Jane Ellery</td>
<td></td>
</tr>
<tr>
<td>Day of</td>
<td></td>
<td></td>
</tr>
<tr>
<td>-------------------------------</td>
<td>-------</td>
<td>-------</td>
</tr>
<tr>
<td>Remind participants</td>
<td>Cortan Booker</td>
<td>TBD</td>
</tr>
<tr>
<td>Make copies of needed materials</td>
<td>Cortan Booker</td>
<td>TBD</td>
</tr>
<tr>
<td>Facilitate group</td>
<td>Cortan Booker</td>
<td>TBD</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>After</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Transcribe tapes</td>
<td>Cortan Booker</td>
<td>TBD</td>
</tr>
<tr>
<td>Read results</td>
<td>Cortan Booker</td>
<td>TBD</td>
</tr>
<tr>
<td>Dr. Jane Ellery</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Identify themes</td>
<td>Cortan Booker</td>
<td>TBD</td>
</tr>
<tr>
<td>Dr. Jane Ellery</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Code comments</td>
<td>Cortan Booker</td>
<td>TBD</td>
</tr>
<tr>
<td>Analyze results</td>
<td>Cortan Booker</td>
<td>TBD</td>
</tr>
<tr>
<td>Dr. Jane Ellery</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Interpret results</td>
<td>Cortan Booker</td>
<td>TBD</td>
</tr>
<tr>
<td>Dr. Jane Ellery</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Write report</td>
<td>Cortan Booker</td>
<td>TBD</td>
</tr>
<tr>
<td>Dr. Jane Ellery</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Disseminate findings</td>
<td>Dr. Jane Ellery</td>
<td>TBD</td>
</tr>
<tr>
<td>Cortan Booker</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## Appendix D: Comments grouped by Theme

<table>
<thead>
<tr>
<th>Group</th>
<th>Question</th>
<th>Comment</th>
<th>Name</th>
<th>Theme 1</th>
<th>Theme 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>4. When you think about the internal environment in your home how comfortable are you?</td>
<td>I have a security system you know I live in a condo but it’s not a gated community. They have restrictions and such so that no one is soliciting and so forth. The building itself is not terribly old however about a week and half ago my garage door opener gave up the goat so I had to get a new one. I can’t open an overhead garage door by myself. That’s one thing I miss is that I don’t have somebody to say hey water pipes broken or the microwave doesn’t work. I have to get somebody to take care of it.</td>
<td>Martha</td>
<td>Acceptance of Technology</td>
<td>Acceptance of current technology</td>
</tr>
<tr>
<td>1</td>
<td>4. When you think about the internal environment in your home how comfortable are you?</td>
<td>I’m comfortable in my home and I have everything I need. I still grocery shop and pay my bills. I have my internet and my cable and telephone, cell phone, the whole thing. What I did was I had my surgery and then I went to rehab and then I went to Westminster for seven months. Then I moved out of there and got an apartment. I love my house of 50 years.</td>
<td>Ray</td>
<td>Acceptance of technology</td>
<td>Acceptance of current technology</td>
</tr>
<tr>
<td>2</td>
<td>5. How do you feel about talking with your loved ones about items like your safety, wellbeing, end of life decisions?</td>
<td>We’ve discussed them with my daughters and all and we’ve gone back and forth on it. My wife has given me some hints. The girls are inquiring but I talk to them almost every day through phone or e-mail, so no problems. Of course, I have quite a bit of an advantage on expenses and things like that; I was a funeral director for quite a bit of years.</td>
<td>Ray</td>
<td>Acceptance of technology</td>
<td>Acceptance of current technology</td>
</tr>
<tr>
<td></td>
<td>6. What are some of the key tasks you do each day in your home? Cook? Eat? Laundry? Watch TV? Clean?</td>
<td>I spend twelve hours a day on the computer. I’m a professional story-teller</td>
<td>Zach</td>
<td>Acceptance of technology</td>
<td>Acceptance of current technology</td>
</tr>
<tr>
<td>---</td>
<td>---------------------------------------------------------------------------------------------------</td>
<td>-------------------------------------------------------------------------</td>
<td>------</td>
<td>------------------------</td>
<td>-------------------------------</td>
</tr>
<tr>
<td>1</td>
<td>6. What are some of the key tasks you do each day in your home? Cook? Eat? Laundry? Watch TV? Clean?</td>
<td>I spend a lot of time on the computer, probably too much time. Um, but I have to be with people so I have one or two activities to do every day.</td>
<td>Martha</td>
<td>Acceptance of technology</td>
<td>Acceptance of current technology</td>
</tr>
<tr>
<td>2</td>
<td>6. What are some of the key tasks you do each day in your home? Cook? Eat? Laundry? Watch TV? Clean?</td>
<td>I only watch TV for the news and everything I don’t dwell on. I do them but I go on to the fun things. I don’t spend a lot of time on the internet but when I write I do use it for information.</td>
<td>Cassie</td>
<td>Acceptance of technology</td>
<td>Acceptance of current technology</td>
</tr>
<tr>
<td>2</td>
<td>6. What are some of the key tasks you do each day in your home? Cook? Eat? Laundry? Watch TV? Clean?</td>
<td>I don’t spend a lot of time on the internet, I just e-mail friends. I try to stay away from all the spam that comes with it. I do my own cooking, cleaning—sometimes my cleaning isn’t, you know, up there, (laughter) but if I have company I make sure everything’s in its own spot. Usual stuff depending on what my schedule is. I’ll be at the historical society tomorrow afternoon. I have a luncheon at 11:30; I had another meeting last night. I pick up my granddaughters and take them on a day trip when they get out of school. Jokingly, I have several widows that we, jokingly, go bar hopping.</td>
<td>Ray</td>
<td>Acceptance of technology</td>
<td>Acceptance of current technology</td>
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6. What are some of the key tasks you do each day in your home? Cook? Eat? Laundry? Watch TV? Clean?

Well, I suppose housekeeping is my least favorite thing, but I do it. And, we’ve cut back on using the dishwasher because our water bill was astronomical, so we’re seeing how we may adjust some things. I do try to keep pretty active and I’m grateful for the ARL group and right now I’m doing update learning at the Methodist church. We’re very involved in our own church. Just on the go quite a bit in those regards. We have three pets; two cats and a dog and that’s a chore too, in a way, to have that many animals. But, there again, I wouldn’t do without them.

Jen

Acceptance of technology

Acceptance of current technology

2 6. What are some of the key tasks you do each day in your home? Cook? Eat? Laundry? Watch TV? Clean?

I’ve mentioned I’m married to a woman that never likes to sit down so I get out of almost all of the housework; terrible. Since I retired I tried to do laundry a few times but I guess I don’t do it right. Summer will be different. I’ll do some mowing, yard work, but even that she likes to do sometimes. So anyway, if she tells me to do stuff, then I do it. If something needs to be repaired and I can’t figure it out, she’ll show me how to do it. In my retirement I’ve been revising a textbook and revising a chapter for a colleague so I spend too much time on the computer. Anyway, I get out of most of the housework, mostly because she thinks things are dirty before I do. I’m good at grilling and we do entertain occasionally. Students or friends, she likes to do that and I try to help her out.

Jim

Acceptance of technology

Acceptance of current technology
6. What are some of the key tasks you do each day in your home? Cook? Eat? Laundry? Watch TV? Clean?

I grew up without television, and I could still do without television. But, I am married to a husband who likes to channel flip. TV is not a big part of my life. House wife is really a big part of my life. I like to cook from scratch, two, sometimes three meals a day. But, I do cook regularly. I do all the laundry; I do all the house cleaning; I do all the gardening; and I will probably start picking up mowing the lawn, at least part of it. As far as my mind is concerned, I work at the Ball State Museum of Art and I give tours and there’s always a new thing to memorize.

Megan

Acceptance of technology Acceptance of current technology

These two are just two awesome examples of very active retirees. I usually sleep late in the morning and I have my breakfast, get on the computer, go to medical appointments, go to meetings, and I do enjoy TV in the evening. I have my favorite routine down. I enjoy friends. My husband is the cooker but I do the dishes and laundry. I am a dietician by training and for some reason I don’t enjoy cooking.

Diane

Acceptance of technology Acceptance of current technology

We have a dog and two cats. It would be hard for me to go someplace where I could not take my dog and one of my cats with me. It could get hard for me to get up to let the dog out. My step-son now plants flowers rather than my doing it because it’s easier for him to get up and down. I generally do the laundry. I like to cook, although I don’t cook as much now as I used to. I have an elliptical at home so I try to do that three days a week. I go to the Y to do weights three days a week. I like to read and watch TV at night.

Mike

Acceptance of technology Acceptance of current technology
3 6. What are some of the key tasks you do each day in your home? Cook? Eat? Laundry? Watch TV? Clean?  
I’m addicted to this. It’s an iPhone  
Diane  
Acceptance of technology  
Acceptance of current technology

3 6. What are some of the key tasks you do each day in your home? Cook? Eat? Laundry? Watch TV? Clean?  
That’s what I want (Iphone)  
Erica  
Acceptance of technology  
Acceptance of current technology

3 6. What are some of the key tasks you do each day in your home? Cook? Eat? Laundry? Watch TV? Clean?  
Don’t you think you are truly addicted to it (Iphone)? People have it everywhere and that has become part of our culture.  
George  
Acceptance of technology  
Acceptance of current technology

1 7. When you think about completing some of these tasks, how do you feel?  
I guess I appreciate time by myself. I appreciate the church, going to church. And some TV. I appreciate that. I appreciate my family and I like security. She fixes up my medicine, and reminds me to take my shots and I have to remind her. So it’s about fair play.  
Peter  
Acceptance of technology  
Acceptance of current technology

1 1. Have you ever considered moving to assisted living facility? Why?  
During conversation that kind of changed my mind. I think there is a difference in going to an assisted living and nursing homes. And I think if I went into an assisted living and I needed that help that would be a good option. But, I think I was thinking more of that nursing home where friends that I’ve visited in a nursing home, shares a room, there’s one TV and turned up way loud and she’s not deaf.  
Acceptance of technology  
Acceptance of current technology
1. Have you ever considered moving to an assisted living facility? Why?

Well I’ve already experienced an assisted living facility when I had my surgery. I faired pretty well, a lot of activities and meals and all. I made a lot of friends, but I was finding myself coming back to town more than I was staying out there so that’s why I decided I still wanted to have my freedom. In fact, on occasion I drive friends to Indianapolis airport. I just had efficiency. I had a microwave so it was nice to come back to cooking.

2. With whom are you comfortable sharing information about your life?

With my daughter and my family with them is like phone calls and emails.

4. How do you feel about using secure technology that doesn’t interfere with your day to day living sending daily information to the people you choose?

I was on Facebook for a couple of months…if there was a system that could only focus in on the family and a couple of friends that you could just simply hit in a nanosecond, I’m alive and well today and they may want to know that.. But the rest of the stuff…

That’s one of the advantages of assisted living. Like if you don’t come downstairs for a meal, somebody will ring the button in your room, and you better ring the button and answer or somebody comes to your door. So that might do the same thing.
6. In terms of how strongly you feel about living in your own home as compared to going into assisted living, would that type of technology be an option or something you would consider if it meant staying in your own home longer?

I ran across a piece of technology that would be useful. When I was looking for someone to call me, I told my grief counselor that. Next time she came, she brought me two slips of paper that she took off the internet. She said check these out. One of em was a program to call you every day. Another one of em was a program for your computer. It said call me at this number, if you don’t get me call me at this number, and then this number, call my son, call the police, what have you. Course I’m not gonna buy it and put it on my computer. But if the organization that you’re supposedly representing here chose that option that is the way to go. I don’t know how good it is.

I’m kind of technically challenged. I can do some things but I’m assuming that if it was for someone to be checked on that it would be made appropriate for them to use.
6. In terms of how strongly you feel about living in your own home as compared to going into assisted living, would that type of technology be an option or something you would consider if it meant staying in your own home longer?

I’m a dinosaur. I have a real trouble grasping it, and remembering the steps you have to do. I never learned how to program a VCR. I never did. Thank god for DVR. All you have to do is point and shoot. It doesn’t require an x amount of steps.

8. How do your children and other loved ones feel about you living alone?

My mother had something called Alert. I mean I am the person who fixed it up for her. If she didn’t use the telephone every day, then someone would call her. So I know there is -there are more services that you can obtain that’s not through a better way.

3. What kind of information are you willing to have the people identified in the previous question monitor?

I wouldn’t hesitate to share any information with my daughter or my son if they need to know.

I would; with my family. Are you speaking in terms of e-mail? Well I would be comfortable with family members.

Jen

Ray
3. What kind of information are you willing to have the people identified in the previous question monitor?  

My daughters are in Indianapolis, so, whatever it takes. (In terms of staying in your home longer)  

Ray  
Acceptance of technology  
Expresses interest in proposed future technology

3. What kind of information are you willing to have the people identified in the previous question monitor?  

You’re talking about, that monitoring, I guess I’d feel pretty sure sharing that with a person who, the person who, had a responsibility for doing something about it. Whoever was the care manager or whoever needed to know. Not my other relatives who are busy, what are they going to do?  

Jim  
Acceptance of technology  
Expresses interest in proposed future technology

3. What kind of information are you willing to have the people identified in the previous question monitor?  

The healthcare professional.  

Cassie  
Acceptance of technology  
Expresses interest in proposed future technology

3. What kind of information are you willing to have the people identified in the previous question monitor?  

I think that, if it is the case that my son remains far away and my daughter remains halfway around the world, that I would rather transfer that to a friend close by because if it were something even of moderate interest or concern, unless something serious happened, I think it would just worry my kids more than anything else.  

George  
Acceptance of technology  
Expresses interest in proposed future technology
3. What kind of information are you willing to have the people identified in the previous question monitor?

I can see this becoming a business where you are monitoring from week to week, or whatever, because friends aren’t always around because the monitoring company would always have a person there, kind of like, I guess, a burglar alarm. But it would have to be something where the technology was completely seamless to the person in the house. If they had to do anything at all, it wouldn’t work on certain people, with certain people. If they even had to turn it it’d probably be too much.

Jack

Acceptance of technology

Expresses interest in proposed future technology

4. How do you feel about using secure technology that doesn't interfere with your day to day living sending daily information to the people you choose?

No, no I don’t know about that. My daughter knows the problem I had with getting somebody to call me so she calls me every day from California. She would probably like having that information so that she wouldn’t necessarily have to make a call. I wouldn’t mind it.

I can see some advantages of that

Acceptance of technology

Expresses interest in proposed future technology

4. How do you feel about using secure technology that doesn't interfere with your day to day living sending daily information to the people you choose?

I can see some advantages of that

Acceptance of technology

Expresses interest in proposed future technology

5. What do you think about having your light use monitored by technology? Your water use? Your pantry doors opening? If and when you are getting out of bed? Refrigerator usage?

(Light monitor) I don’t think I’d have a problem with that, I don’t think.

Jen

Acceptance of technology

Expresses interest in proposed future technology
5. What do you think about having your light use monitored by technology? Your water use? Your pantry doors opening? If and when you are getting out of bed? Refrigerator usage?

The only thing I could really see is the stove. I don’t see why they haven’t built stoves that turn off. It’s a real hazard if you leave a pot on the stove and could start a fire. Yes a technology that would turn a burner off if there were nothing… Cassie

Acceptance of technology

Expresses interest in proposed future technology

(Pantry/Refrigerator monitor) I wouldn’t have any trouble with that. Jen

Acceptance of technology

Expresses interest in proposed future technology

(Bed monitor) For me, that would be okay. Jen

Acceptance of technology

Expresses interest in proposed future technology

2 5. What do you think about having your light use monitored by technology? Your water use? Your pantry doors opening? If and when you are getting out of bed? Refrigerator usage?

(Pantry/Refrigerator monitor) I wouldn’t have any trouble with that. Jen

Acceptance of technology

Expresses interest in proposed future technology
5. What do you think about having your light use monitored by technology? Your water use? Your pantry doors opening? If and when you are getting out of bed? Refrigerator usage?

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<th>Ray</th>
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<td>(Bed monitor) You know, if it had to do with your health, get you up and get you moving and all. Then the children could maybe call a neighbor or something to help. If they felt it could give you a better life.</td>
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<td>Jen</td>
<td>Acceptance of technology</td>
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<td>(Bed monitor) Right, cause if you had been getting up and getting up and then all of a sudden you weren’t then that would be good.</td>
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<td>Ray</td>
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<td>(Bed monitor) In the long run it might tell the doctor something, not getting your exercise or staying in the bed too long, might have had a stroke or something like that. I'd go along with it.</td>
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2. In terms of how strongly you feel about living in your own home as compared to going into assisted living, would that type of technology be an option or something you would consider if it meant staying in your own home longer?

I would much prefer the technology. I would prefer to remain in my home for as long as I possibly could.

Jen

Acceptance of technology

Expresses interest in proposed future technology

I agree. Making it so you can stay in your home. Of course, on the other hand, it might give me a bad time and I might be ready to go to Westminster where they do have all the facilities. You wouldn’t have to worry about cooking or lots of events as long as I could get around.

Ray

Acceptance of technology

Expresses interest in proposed future technology

I suppose there would be a point where…you’re asking about me, myself, but it’s hard for me to think that far ahead. I suppose I would take the monitoring system if it would allow me to stay where I was for another six months. I think my first choice would be to move, if I was invited, to move into a family member. But, I suppose I would be able to use that technology.

Jim

Acceptance of technology

Expresses interest in proposed future technology
6. In terms of how strongly you feel about living in your own home as compared to going into assisted living, would that type of technology be an option or something you would consider if it meant staying in your own home longer?

If I could stay in my apartment with the technology as long as I could get out and drive a car and all that.

Ray

Acceptance of technology

Expresses interest in proposed future technology

Technology would let me stay longer? I think I would use that.

Jack

Acceptance of technology

Expresses interest in proposed future technology

5. What do you think about having your light use monitored by technology? Your water use? Your pantry doors opening? If and when you are getting out of bed? Refrigerator usage?

Okay, I didn’t flush the toilet today, and it didn’t send a message. Will it send the one that the refrigerator or just the telephone? Makes me feel safe if it’s attached
2. 5. What do you think about having your light use monitored by technology? Your water use? Your pantry doors opening? If and when you are getting out of bed? Refrigerator usage? (Water monitor) If you forget to turn it off.

Jim Acceptance of technology Expresses interest in proposed future technology

3. 6. In terms of how strongly you feel about living in your own home as compared to going into assisted living, would that type of technology be an option or something you would consider if it meant staying in your own home longer?
I see myself not able to do as much, for instance, in the yard as I once was and I find myself, I used to be able to clean my home in half a day; I could whip through it in no time. You know, but now it may take two days, two and a half days, you know. I see that becoming even more so as I age and so those are questions too, under technologies that might enhance that process.

Jen Acceptance of technology Expresses interest in proposed future technology

3. What kind of information are you willing to have the people identified in the previous question monitor?
Your loved one wouldn’t be sitting there monitoring you all day.

Diane Acceptance of technology Skepticism of technological benefits

3. What kind of information are you willing to have the people identified in the previous question monitor?
I still think that twice a day visiting is the best thing but if you can’t do that then at least call once a day and check, or morning and even. Or maybe, if there is danger about you, wearing a button, which I think is an essential thing. And, having a phone call, I don’t think you need much else.

Megan Acceptance of technology Skepticism of technological benefits
4. How do you feel about using secure technology that doesn't interfere with your day to day living sending daily information to the people you choose?

No, I wouldn’t mind but I would think that would be a bit invasive. And they would not necessarily, like my daughter doesn’t even answer her cell phone part of the time. Would they be watching us? Would they be checking us?

I think it might vary. Again, with the situation. There might be some families where that’s fine. Everybody’s up and running and it’s nice to know you can look at something-ope, mom’s okay today. But there are other cases where you need to hear their voice, and I think you still want that personal contact.

Old and helpless. I can see a value to it, but if your medical condition requires it, your doctor or healthcare professional. I don’t know why your children would really want that. Depends on each one’s situation.

I certainly don’t want mine out on the internet. I’m a private person.
5. What do you think about having your light use monitored by technology? Your water use? Your pantry doors opening? If and when you are getting out of bed? Refrigerator usage? (Light monitor) I’d be against that. I think it would be invasive for someone to be monitoring whether I turn the light on or off. That’s too futuristic for me. Jim Acceptance of technology Skepticism of technological benefits

5. What do you think about having your light use monitored by technology? Your water use? Your pantry doors opening? If and when you are getting out of bed? Refrigerator usage? (Bed monitor) Well, to me, someone would really have to be last few months of life and someone is monitoring them that can’t be there. I suppose there’s a use for it, but in my current state of mind it’d be terribly invasive. If someone were seriously unable to…someone that does have home-healthcare or something like that…they need to be in a nursing home but are managing to stay at home, I get it in that situation, but only in those certain situations. Jim Acceptance of technology Skepticism of technological benefits

6. In terms of how strongly you feel about living in your own home as compared to going into assisted living, would that type of technology be an option or something you would consider if it meant staying in your own home longer? I didn’t think we were talking choices…. I think the choice you have to make when thinking about going into assisted living is can I take care of myself enough? Do I have the stamina and the strength to do all the things I need to do here at home. A whole variety of things, that maybe my life would be better without it. So maybe that assisted living… So if the technology doesn’t kick in, it would be nice to have it up until that point. That’s not what’s keeping me in my home. Acceptance of technology Skepticism of technological benefits
6. In terms of how strongly you feel about living in your own home as compared to going into assisted living, would that type of technology be an option or something you would consider if it meant staying in your own home longer?

I think human contact is probably more critical than necessarily technology.

Acceptance of technology  Skepticism of technological benefits

6. In terms of how strongly you feel about living in your own home as compared to going into assisted living, would that type of technology be an option or something you would consider if it meant staying in your own home longer?

I think it is an issue. I want to know who else is getting it. My sister in California knows that I’m up and doing well, but is there somebody else tapping into that, also. I just have to think about that. I’m just concerned about stuff like that.

Acceptance of technology  Skepticism of technological benefits

6. In terms of how strongly you feel about living in your own home as compared to going into assisted living, would that type of technology be an option or something you would consider if it meant staying in your own home longer?

There’s also a step that we haven’t even talked about and that’s home health care. There are times where we would be able to live in our own homes as long as someone came in and ran the vacuum cleaner. Or, something like that. And that might be with the technology or without. Because someone might begin that twice or three times a week checking in. I think that there are several other steps along the way. And the technology could be valuable or not-needed on each of those steps, that’s the way I’m seeing it from here.

Acceptance of technology  Skepticism of technological benefits, Expresses interest in proposed future technology
6. In terms of how strongly you feel about living in your own home as compared to going into assisted living, would that type of technology be an option or something you would consider if it meant staying in your own home longer?

But some days I have trouble turning on my television because there’s Uverse and you have to push like 3 buttons and then it comes on like no scene… or something like that.

I realize the technology has this tendency to fail. I would like to think that something like that was fail safe. You can have a back up on it.

I guess too, if it were to fail, that would mean that the message didn’t get there so it would alert. If it were what you mentioned where it let you know if something has not been done as opposed to it being done kinda thing.
3. What kind of information are you willing to have the people identified in the previous question monitor? That might not work because my family is about 100 miles away from me so I guess I’d have to say family or close friend. Jen Acceptance of technology

They would then call the loved one—“You’re mother hasn’t opened the refrigerator today.” That sort of thing. Is that what you’re talking about? Diane Acceptance of technology

4. How do you feel about using secure technology that doesn’t interfere with your day to day living sending daily information to the people you choose? I wouldn’t really care, but I can’t see that they’d be interested to know that information. Acceptance of technology

The other direction could be even more valuable. If they get a notification when you haven’t done it Acceptance of technology

5. What do you think about having your light use monitored by technology? Your water use? Your pantry doors opening? If and when you are getting out of bed? Refrigerator usage? (Light monitor) Only if you go out of town and left your lights on. Cassie Acceptance of technology
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<td>1</td>
<td>6. In terms of how strongly you feel about living in your own home as compared to going into assisted living, would that type of technology be an option or something you would consider if it meant staying in your own home longer?</td>
<td>Oh I think it would</td>
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<td>6. In terms of how strongly you feel about living in your own home as compared to going into assisted living, would that type of technology be an option or something you would consider if it meant staying in your own home longer?</td>
<td>I think my first option would be family. That’s my first option, but family might be temporary too.</td>
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<td>3</td>
<td>6. In terms of how strongly you feel about living in your own home as compared to going into assisted living, would that type of technology be an option or something you would consider if it meant staying in your own home longer?</td>
<td>I think one of the concerns for me has to do with the home itself and the home being maintained and the yard being maintained and all the maintenance that goes into being in a home. It is, equally, how well am I being maintained to stay there and then how well is the home being maintained. How could technology help with those things too? I think that might be even another question, another area. I don’t know if I’m making myself clear.</td>
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<td>Jen Acceptance of technology</td>
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<td>Jim Acceptance of technology</td>
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6. In terms of how strongly you feel about living in your own home as compared to going into assisted living, would that type of technology be an option or something you would consider if it meant staying in your own home longer?

I would prefer to move to Westminster (assisted living) if I needed that much monitoring. Depending on the degree of monitoring, I would go to Westminster.

Megan

Acceptance of technology

So would I (move to a different residence)

Emily

Acceptance of technology

I think I would too (depending on level of monitoring)

Diane

Acceptance of technology
3. In terms of how strongly you feel about living in your own home as compared to going into assisted living, would that type of technology be an option or something you would consider if it meant staying in your own home longer?

George: I would too (move to a different residence). Maybe somewhere, depending on where my kids were, go somewhere where at least I can get outside all year round.

Amy: Well I think you really can’t make that decision until you come to it. I don’t think you can predict now what you’re going to do.

Ray: I’m comfortable in my home and I have everything I need. I still grocery shop and pay my bills. I have my internet and my capable and telephone, cell phone, the whole thing. What I did was I had my surgery and then I went to rehab and then I went to Westminster for seven months. Then I moved out of there and got an apartment. I love my house of 50 years.
| 2  | 6. In terms of how strongly you feel about living in your own home as compared to going into assisted living, would that type of technology be an option or something you would consider if it meant staying in your own home longer? | I’m a dinosaur. I have a real trouble grasping it, and remembering the steps you have to do. I never learned how to program a VCR. I never did. Thank god for DVR. All you have to do is point and shoot. It doesn’t require an x amount of steps. | Comfort level | Comfort with current technologies |
| 2  | 6. In terms of how strongly you feel about living in your own home as compared to going into assisted living, would that type of technology be an option or something you would consider if it meant staying in your own home longer? | But some days I have trouble turning on my television because there’s Uverse and you have to push like 3 buttons and then it comes on like no scene… or something like that. | Comfort level | Comfort with current technologies |
| 3  | 2. With whom are you comfortable sharing information about your life? | When I first retired it was a big issue, but I reached a point where I really don’t care. I do have a plot near my mother. I don’t want to end up like my dad who was cremated, thrown in the bushes, and then my family moved. | Mike | Comfort level | Comfort with end of life decisions |
| 1  | 2. When you think about living alone, how does that make you feel? | Being independent is nice. Not that it’s about being tied down, but it’s nice to be on your own. | Zach | Comfort Level | Comfort with independenc e |
3  5. What do you think about having your light use monitored by technology? Your water use? Your pantry doors opening? If and when you are getting out of bed? Refrigerator usage? (Light monitor) I don’t think I’d have a problem with that, I don’t think. Jen Comfort level Comfort with proposed technologies

3  5. What do you think about having your light use monitored by technology? Your water use? Your pantry doors opening? If and when you are getting out of bed? Refrigerator usage? (Water monitor) If you forget to turn it off. Jim Comfort level Comfort with proposed technologies

3  5. What do you think about having your light use monitored by technology? Your water use? Your pantry doors opening? If and when you are getting out of bed? Refrigerator usage? (Pantry/Refrigerator monitor) I wouldn’t have any trouble with that. Jen Comfort level Comfort with proposed technologies
5. What do you think about having your light use monitored by technology? Your water use? Your pantry doors opening? If and when you are getting out of bed? Refrigerator usage? (Pantry/Refrigerator monitor) I'd rather not Jim Comfort level Comfort with proposed technologies

6. In terms of how strongly you feel about living in your own home as compared to going into assisted living, would that type of technology be an option or something you would consider if it meant staying in your own home longer? I would much prefer the technology. I would prefer to remain in my home for as long as I possibly could. Jen Comfort level Comfort with proposed technologies

6. In terms of how strongly you feel about living in your own home as compared to going into assisted living, would that type of technology be an option or something you would consider if it meant staying in your own home longer? Technology would let me stay longer? I think I would use that. Jack Comfort level Comfort with proposed technologies
1. When you think about changing your current living arrangements, such as going to an independent or assisted living facility or moving in with family, how does that make you feel?

I’d like to stay in my home as long as I can.  
Peter  
Comfort level  
Comfort with relocation

2. When you think about changing your current living arrangements, such as going to an independent or assisted living facility or moving in with family, how does that make you feel?

I would resist that as long as possible  
Jen  
Comfort level  
Comfort with relocation

2. When you think about changing your current living arrangements, such as going to an independent or assisted living facility or moving in with family, how does that make you feel?

I would resist too, especially moving in with my kids because they’re not on the same wavelength. But I see them, they live in Indianapolis.  
Ray  
Comfort level  
Comfort with relocation
2. When you think about changing your current living arrangements, such as going to an independent or assisted living facility or moving in with family, how does that make you feel?

Yes, I’d be willing to move into a facility if it became necessary. And, if it was close to my daughter that would be acceptable.

Jen Comfort level Comfort with relocation

3. When you think about changing your current living arrangements, such as going to an independent or assisted living facility or moving in with family, how does that make you feel?

I would be very comfortable there. I’d get an apartment or an assisted living, whatever my capabilities.

Diane Comfort level Comfort with relocation

3. When you think about changing your current living arrangements, such as going to an independent or assisted living facility or moving in with family, how does that make you feel?

The fact that they do have a lot of options. If you’re capable, you have significant freedom. I mean there’s people who go there for a while and then they travel or go on drives and visit family, depending on their capabilities. They’ve got a new unit for people with Alzheimer’s, the memory care unit, but I visited a friend there and I’ve just been impressed. I just think they’ve got an array of services that really makes it a comfortable place.

Diane Comfort level Comfort with relocation
1. Have you ever considered moving to an assisted living facility? Why?

I just had a very good friend who, just retired. And she said today’s the day. My wife and I gave her a retirement gift basket. I went around 3 or 4 retirement places and got brochures. No more than 5-6 minutes of being in there I just got the creepiest feeling, oh my god. I don’t want to be here. So, that might be part of it…

Joe

Comfort level  Comfort with relocation

1. Have you ever considered moving to an assisted living facility? Why?

I will not be spending the last few days of my life in a room with a stranger. If I die by myself that’s fine, but with a stranger, no thank you.

Comfort level  Comfort with relocation

1. Have you ever considered moving to an assisted living facility? Why?

You know subconsciously, assisted living is the first step. What’s the next step? A nursing home? I just wanna stay away

Comfort level  Comfort with relocation

1. Have you ever considered moving to an assisted living facility? Why?

I do know several people uh who retired from Ball State, and then went to live out at Westminster. Because they would be safe, their possessions would be safe, they could have their meals, they wouldn’t have to worry about cleaning. Yeah and then they were free to travel and not worry about their stuff. So they just took a very positive attitude towards that whole thing.

Comfort level  Comfort with relocation

1. Have you ever considered moving to an assisted living facility? Why?

The places I’ve gone and the people who live there seem like “come on, move in! We love it here.” That’s just the concept that most of ‘em have. They do like it; I can see your point. That’s the reason I want to give it a whirl. Putting myself down to before I move into one. And I might into all six of them for a month.

Zach

Comfort level  Comfort with relocation
<table>
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<th></th>
<th>1. Have you ever considered moving to assisted living facility? Why?</th>
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<tr>
<td>1</td>
<td>During conversation that kind of changed my mind. I think there is a difference in going to an assisted living and nursing homes. And I think if I went into an assisted living and I needed that help that would be a good option. But, I think I was thinking more of that nursing home where friends that I’ve visited in a nursing home, shares a room, there’s one TV and turned up way loud and she’s not deaf.</td>
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<td>Comfort level</td>
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<td>1</td>
<td>My dad always said he would never go to a nursing home cuz that’s just where people go to die. I said dad, you spent three years of your life the in hospital. Your father, I remember him saying he’d never go to a hospital because that’s where people go to die.</td>
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<td>Comfort level</td>
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<td>2</td>
<td>Well I’ve already experienced an assisted living facility when I had my surgery. I faired pretty well, a lot of activities and meals and all. I made a lot of friends, but I was finding myself coming back to town more than I was staying out there so that’s why I decided I still wanted to have my freedom. In fact, on occasion I drive friends to Indianapolis airport. just had an efficiency. I had a microwave so it was nice to come back to cooking.</td>
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<td></td>
<td>Ray</td>
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<td>2</td>
<td>Only if necessary. (If I were not) able to take care of yourself.</td>
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<td></td>
<td>Cassie</td>
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<tr>
<td>1</td>
<td>(Only if necessary) That would be my answer as well, and I don’t feel, at this point, that it is necessary.</td>
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<td></td>
<td>Jen</td>
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6. In terms of how strongly you feel about living in your own home as compared to going into assisted living, would that type of technology be an option or something you would consider if it meant staying in your own home longer?

I lost my first husband in 2001 and I was alone for a year and a half. My husband passed away, though, at Westminster, so his death is not associated with the house. The reasons that I moved out of the house was because it was way too big for me. We had tried to have a lifestyle where we would support both Ball State University and its music department and art department and alone I felt I could not do that. So I moved to a smaller home and now I am remarried again and should I become a widow again I know I can handle living in that house and I would too (move to a different residence). Maybe somewhere, depending on where my kids were, go somewhere where at least I can get outside all year round.

Megan

6. In terms of how strongly you feel about living in your own home as compared to going into assisted living, would that type of technology be an option or something you would consider if it meant staying in your own home longer?

George

3. When you think about changing your current living arrangements, such as going to an independent or assisted living facility or moving in with family, how does that make you feel?

Well most of em I have been to, I’ve visited each one of em. You have a lot of freedom to how your room is going to be. You can sit in your room like an urchin if you chose to. There’ll be somebody to check on you to be sure you’re still alive today. But you can go to the park or you can spend all of your time out in the public.

Zach
3. When you think about changing your current living arrangements, such as going to an independent or assisted living facility or moving in with family, how does that make you feel?

If I moved into a place, and there’d be 100 people there. I’d be the 100th person and there’d be 99 strangers. And I wonder if I’d be comfortable with 85 of em, of 63 of em, or whatever. You gotta think there’s religious differences, political differences, there’s just certain circumstances I would not want to be in. that would be very uncomfortable given who I am and what I’m all about.

2. With whom are you comfortable sharing information about your life?

I guess I Just don’t care. Just anybody. *laughter.* Although there are certain things that I probably wouldn’t feel free about sharing.

It’s just a question of what information you are going to share. You know I have private information but I’m not going to share that with anybody obviously. Like what I’ve been sharing here I don’t mind. One of the things that my grief counselor wanted to discuss was sex. I did not want to do that.

I think it probably depends on who it was and what it is.

My answer would be situational.

I don’t like to tell anything to anybody, but she likes to tell everything to everybody.
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<th></th>
<th>With whom are you comfortable sharing information about your life?</th>
<th>Comfort level</th>
<th>Comfort with sharing information</th>
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<td>2</td>
<td>Well, I have an 89 year-old sister and I talk to her about everything. Some things I tell her and some things I don’t. My kids; they know where all my records, finance, and all that stuff are at. (I share medical information with my children) and my sister sometimes.</td>
<td>Jen</td>
<td>Comfort level</td>
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<td>2</td>
<td>I don’t feel uncomfortable sharing with my husband and my daughter as far as the details go. This is the second marriage for both my husband and I, so our beneficiaries are our children, so we’ve had to get into those details. And our will pretty well lies out our expectations or how they may wish to do things, you know, naturally. I think that as far as family is concerned, no problem. I don’t feel hesitant to talk with any friends either. Maybe I’m being shortsighted.</td>
<td>Cassie</td>
<td>Comfort level</td>
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<td>2</td>
<td>My daughter is who I talk about my health with.</td>
<td>Diane</td>
<td>Comfort level</td>
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<td>3</td>
<td>I have two children who are physicians so I just keep them informed about what’s going on with myself and my husband. The one who lives here is more intimately involved. I would have no problem asking them for help or advice. We’ve already written our living wills so it’s already spelled out.</td>
<td>Erica</td>
<td>Comfort level</td>
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<td>3</td>
<td>Our daughter’s an attorney so we have living wills, power or attorney, power of health care, and everything. Our daughter came to us and asked what our plans were and helped us to plan out and pre-pay and pre-plan our funeral.</td>
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</table>
3. With whom are you comfortable sharing information about your life?

Everything is taken care of. There is room for decisions for my children to make, but all the plans have been laid out and I am comfortable with that. My children are intelligent human beings, for the most part. I feel comfortable and am at peace with what happened with my husband in his passing.

Amy  Comfort level  Comfort with sharing information

3. With whom are you comfortable sharing information about your life?

My husband and my children.

Diane  Comfort level  Comfort with sharing information

3. With whom are you comfortable sharing information about your life?

My current wife, I’m closer to than anyone. My ex-wife I still talk with quite a bit about our children’s lives.

Mike  Comfort level  Comfort with sharing information

3. What kind of information are you willing to have the people identified in the previous question monitor?

I wouldn’t hesitate to share any information with my daughter or my son if they need to know

Jen  Comfort level  Comfort with sharing information

3. What kind of information are you willing to have the people identified in the previous question monitor?

I would; with my family. Are you speaking in terms of e-mail? Well I would be comfortable with family members.

Ray  Comfort level  Comfort with sharing information

3. What kind of information are you willing to have the people identified in the previous question monitor?

Family members.
3. What kind of information are you willing to have the people identified in the previous question monitor?

The healthcare professional.

4. How do you feel about using secure technology that doesn’t interfere with your day to day living sending daily information to the people you choose?

No, I wouldn’t mind but I would think that would be a bit invasive. And they would not necessarily, like my daughter doesn’t even answer her cell phone part of the time. Would they be watching us? Would they be checking us?

2. In terms of how strongly you feel about living in your own home as compared to going into assisted living, would that type of technology be an option or something you would consider if it meant staying in your own home longer?

I think they’re getting it now whether we want it or not. Our medical history, our financial records; Just one more thing.
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<th>Question</th>
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<th>Author</th>
<th>Comfort Level</th>
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<td>5. How do you feel about talking with your loved ones about items like your safety, wellbeing, end of life decisions?</td>
<td>Just, I was thinking, my granddaughter lives with my daughter and brought my great-granddaughter and they’ve been there over a year. My granddaughter is ill; she has two brain aneurisms. I would really hesitate to broach the subject of my passing under those circumstances. And yet, that’s a reality and it could happen. I’m probably in better health than I have been in a while because I’m being very intentional about it, but just to bring that up to my daughter, right at this time, would be really difficult for me. So, that’s my answer. Well, my husband and I have talked about it and made pretty definite plans.</td>
<td>Jen</td>
<td>Comfort levels</td>
<td>Comfort with sharing information</td>
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<td>3. What kind of information are you willing to have the people identified in the previous question monitor?</td>
<td>You’re talking about, that monitoring, I guess I’d feel pretty sure sharing that with a person who, the person who, had a responsibility for doing something about it. Whoever was the care manager or whoever needed to know. Not my other relatives who are busy, what are they going to do?</td>
<td>Jim</td>
<td>Comfort levels</td>
<td>Comfort with sharing information</td>
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<td>7. When you think about completing some of these tasks, how do you feel?</td>
<td>I guess I appreciate time by myself. I appreciate the church, going to church. And some TV. I appreciate that. I appreciate my family and I like security. She fixes up my medicine, and reminds me to take my shots and I have to remind her. So it’s about fair play.</td>
<td>Peter</td>
<td>Comfort level</td>
<td>Expresses comfort with current living arrangements</td>
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<td>4. How do you feel about using secure technology that doesn't interfere with your day to day living sending daily information to the people you choose?</td>
<td>Old and helpless. I can see a value to it, but if your medical condition requires it, your doctor or healthcare professional. I don’t know why your children would really want that. Depends on each one’s situation.</td>
<td>Jim</td>
<td>Comfort level</td>
<td>Lack of comfort</td>
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<td></td>
<td>8. How do your children and other loved ones feel about you living alone?</td>
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<td>I have one grown son out in California that doesn’t mind.</td>
<td>Lisa</td>
<td>Comfort level</td>
<td>Perceived comfort of loved ones</td>
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<td>Mine don’t. I mean they know that I’m capable of doing things on my own. And my daughter she’s checks on me maybe once or twice a week. My son lives in North Carolina and he checks maybe once a month. But they don’t have a problem. I’m sure they don’t worry about me.</td>
<td>Harriet</td>
<td>Comfort level</td>
<td>Perceived comfort of loved ones</td>
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<td>You know we’ve never talked about that but I don’t think my children would be worried about me.</td>
<td>Lisa</td>
<td>Comfort level</td>
<td>Perceived comfort of loved ones</td>
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<td>My kids were quite relieved when I started talking about finding assisted living. And now that I told them that I think that it’s not going to happen they are not as relieved. But then my daughter lives in California, and my son is considering on moving to Wisconsin, and I’d be here by myself.</td>
<td>Zach</td>
<td>Comfort level</td>
<td>Perceived comfort of loved ones</td>
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<td>I’m pretty independent, don’t really need any help and my kids have never really worried about taking care of me. I didn’t want em to think that.</td>
<td>Peter</td>
<td>Comfort level</td>
<td>Perceived comfort of loved ones</td>
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<td></td>
<td>8. How do your children and other loved ones feel about you living alone?</td>
<td>Our daughter lives in Wisconsin and has six children and they’re just dying for us to move up there; more my wife than me. I’m coming along. But, she went up there last week and helped out and I’ve done the same and it’s like you’re busy from the time you get up until the time you go to bed, just helping out. So, they would like us to live there but we haven’t discussed living alone. I just figure I’m dying first, but she doesn’t need me as far as her living goes, so it’d be easier. She’s not worried about it because she can do it all. Things could happen, but we haven’t really actually talked about it with anybody else.</td>
<td>Jim</td>
<td>Comfort level</td>
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<td>5. How do you feel about talking with your loved ones about items like your safety, wellbeing, end of life decisions?</td>
<td>I had a lot of easier time talking to my kids than they had talking to me. I think my own son loves me. He is my friend, and is afraid of not doing the funeral they way I want. Which I never stood for, I’m not real big on funerals. I am just going to be cremated.</td>
<td>Z</td>
<td>Comfort level</td>
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<td>1</td>
<td>5. How do you feel about talking with your loved ones about items like your safety, wellbeing, end of life decisions?</td>
<td>Not a problem. I don’t think it would be a problem to actually do it. But my husband and I keep saying oh we need to do this. But we haven’t made the next step. It’s, I don’t know exactly, I think it’s just we haven’t done it. I don’t think it’s any big, that we’re not afraid to talk about it or listen; I just think we’re lazy. We’ve discussed them with my daughters and all and we’ve gone back and forth on it. My wife has given me some hints. The girls are inquiring but I talk to them almost every day through phone or e-mail, so no problems. Of course, I have quite a bit of an advantage on expenses and things like that; I was a funeral director for quite a bit of years.</td>
<td>Martha</td>
<td>Comfort level</td>
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<td>5. How do you feel about talking with your loved ones about items like your safety, wellbeing, end of life decisions?</td>
<td></td>
<td>Ray</td>
<td>Comfort level</td>
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<td>3</td>
<td>4. When you think about the internal environment in your home how comfortable are you?</td>
<td>I’ve been fortunate because we do have a lovely home and it has a feeling of serenity anywhere in the house or the yard. Anybody that’s been in my house or yard can feel it. As my health gets worse, I no longer do as much. Jack does all the wash now because I can’t go up and down the stairs to the basement. Now that he has taken over more I really don’t like that I can’t do as much in the house as I thought I would be able to. I feel comfortable there with Jack because he has taken over a lot and we do have a basement. He’d do a lot better without me than I could without him.</td>
<td>Erica</td>
<td>Comfort level</td>
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<td>3</td>
<td>4. When you think about the internal environment in your home how comfortable are you?</td>
<td>Well, we built our home and I love our home. We have stairs in it, which may become an issue, but we have a downstairs bedroom, which does help. I feel very safe in our neighborhood. I just feel like if I were alone, there would be maintenance issues and I think we’re all pretty lucky. Financially, I think, we’re not in a place where it would be a big burden to hire someone to have that done. But, on the other hand, after a while things could become burdensome.</td>
<td>Erica</td>
<td>Comfort level</td>
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<td>3</td>
<td>2. When you think about living alone, how does that make you feel?</td>
<td>I am living alone and I have for about a year and a half and I do not like it. It puts me in a situation where I am deciding if I should stay in this community or move away. But I really feel that I need to be out of the house that I am in right now. I just have to sort out what’s right for me.</td>
<td>Emily</td>
<td>Comfort level</td>
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<td></td>
<td>2. When you think about living alone, how does that make you feel?</td>
<td>I’ve lived alone for 11 years and I must kind of take the opposite view. I feel secure; I feel okay. I am in a neighborhood where I know everybody and as far as I know it is a good neighborhood. They’re all very good people and I just feel very secure. And I don’t mind being by myself because I have a lot of company.</td>
<td>George</td>
<td>Comfort Level</td>
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<td>3</td>
<td>2. When you think about living alone, how does that make you feel?</td>
<td>Well, it’s because my husband died in that home and it’s also because I found him. It’s the kitchen image that I just cannot get out of my mind. So it’s the home that bothers me; it’s not the by myself. It’s that location that haunts me so I need to move on from there.</td>
<td>Emily</td>
<td>Comfort Level</td>
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<td>3</td>
<td>2. When you think about living alone, how does that make you feel?</td>
<td>I lost my first husband in 2001 and I was alone for a year and a half. My husband passed away, though, at Westminster, so his death is not associated with the house. The reasons that I moved out of the house was because it was way too big for me. We had tried to have a lifestyle where we would support both Ball State University and its music department and art department and alone I felt I could not do that. So I moved to a smaller home and now I am remarried again and should I become a widow again I know I can handle living in that house.</td>
<td>Megan</td>
<td>Comfort Level</td>
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<tr>
<td>3</td>
<td>3. When you think about changing your current living arrangements, such as going to an independent or assisted living facility or moving in with family, how does that make you feel?</td>
<td>I would certainly agree to that. I enjoy my house. I created a little nature area; I enjoy that. The only thing I know that I’m going to get tired of is cooking and I refuse to go to restaurants all the time. Home maintenance doesn’t bother me. I have done it all my life. Things that I can’t do I hire the work out.</td>
<td>George</td>
<td>Comfort level</td>
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<td></td>
<td>4. When you think about the internal environment in your home how comfortable are you?</td>
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<td>I feel very secure. I’m not afraid of my neighbors, I’m not afraid of somebody breaking in. I feel very secure in my home.</td>
<td>Joe</td>
<td>Comfort level</td>
<td>Residential comfort</td>
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<td>1</td>
<td>I’m secure with the home. I’ve been in environments, where I’ve worried about utilities or appliances or whatever. But I don’t in the environment that I’m in now. I feel comfortable now not only with people from outside but the environment itself.</td>
<td>Lisa</td>
<td>Comfort level</td>
<td>Residential comfort</td>
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<td>1</td>
<td>I have a security system you know I live in a condo but it’s not a gated community. They have restrictions and such so that no one is soliciting and so forth. The building itself is not terribly old however about a week and half ago my garage door opener gave up the goat so I had to get a new one. I can’t open an overhead garage door by myself. That’s one thing I miss is that I don’t have somebody to say hey water pipes broken or the microwave doesn’t work. I have to get somebody to take care of it.</td>
<td>Martha</td>
<td>Comfort level</td>
<td>Residential comfort</td>
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<td>2</td>
<td>I’m comfortable in my home. Since we’ve been talking about this, I’ve been thinking more about my home and what adjustments might I need to make in order to remain there if my health failed. I’m comfortable now and I believe there are ways that it could be adjusted so I could continue to be comfortable.</td>
<td>Jen</td>
<td>Comfort level</td>
<td>Residential comfort</td>
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<td></td>
<td>Question</td>
<td>Response</td>
<td>Comfort level</td>
<td>Residential comfort</td>
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<td>6. What are some of the key tasks you do each day in your home? Cook? Eat? Laundry? Watch TV? Clean?</td>
<td>I adore to cook and I find that if I’m tired at 5 o’clock I decide I’m gonna start to cooking and it completely relaxes me. I was a food writer for 40 years so I’m very much into it and I find it very relaxing and I like to entertain. And when I do I cook enough stuff for two days, but that’s my favorite way of being with my friends, is having them at my table.</td>
<td>Cassie</td>
<td>Residential comfort</td>
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<td>3</td>
<td>7. When you think about completing some of these tasks, how do you feel?</td>
<td>I honestly love to do everything in my home. It is my home; I want to take care of it. I’m happy when people come to my home and say it looks nice. I am grateful that I have those things to do.</td>
<td>George</td>
<td>Residential comfort</td>
</tr>
<tr>
<td>3</td>
<td>7. When you think about completing some of these tasks, how do you feel?</td>
<td>I like instant gratification. I like shoveling the drive, mowing the yard, picking up sticks.</td>
<td>Jack</td>
<td>Residential comfort</td>
</tr>
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<td>2</td>
<td>3. When you think about changing your current living arrangements, such as going to an independent or assisted living facility or moving in with family, how does that make you feel?</td>
<td>I agree. I’m very involved in things and I have good health, fortunately, so I can continue. I don’t know that I would stay here or live by myself if I were really incapacitated. I would go to a safe community where my daughter could visit.</td>
<td>Cassie</td>
<td>Residential comfort</td>
</tr>
<tr>
<td>3</td>
<td>2. When you think about living alone, how does that make you feel?</td>
<td>I’ve lived alone for 11 years and I must kind of take the opposite view. I feel secure; I feel okay. I am in a neighborhood where I know everybody and as far as I know it is a good neighborhood. They’re all very good people and I just feel very secure. And I don’t mind being by myself because I have a lot of company.</td>
<td>George</td>
<td>Residential comfort, positive social comfort</td>
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<tr>
<td>2. When you think about living alone, how does that make you feel?</td>
<td>Yeah, having seen my sister lose her husband and the kind of things that she had to do to adjust to being on her own and just having gone through some scary times myself. I am now having some duties that I didn’t have before. Knowing that is just being able to support a particular residence. I could see a condo or something. I don’t think that I would have trouble being alone other than that I would miss my husband very much but I’m pretty independent in that way but I think I would have to be realistic about what I was able to do and I think a lot of that would mean, if you live in a larger place, you would have to hire a lot of stuff done.</td>
<td>Erica</td>
<td>Comfort Level</td>
<td>Social comfort</td>
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<tr>
<td>2. When you think about living alone, how does that make you feel?</td>
<td>I do enjoy my own company and I can keep myself really quite busy so that’s not an issue for me. But I would need to make some type of plan to be involved with my family, involved with the community and not isolate myself.</td>
<td>Diana</td>
<td>Comfort Level</td>
<td>Social comfort</td>
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<td>3. When you think about changing your current living arrangements, such as going to an independent or assisted living facility or moving in with family, how does that make you feel?</td>
<td>Well I hope what I said didn’t sound too negative. I’m in a good relationship with my daughter, but I would want that to continue, and I think it would continue best if we were both not living together.</td>
<td>Jen</td>
<td>Comfort level</td>
<td>Social comfort</td>
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<td></td>
<td>3. When you think about changing your current living arrangements, such as going to an independent or assisted living facility or moving in with family, how does that make you feel?</td>
<td>I think it depends on the perspective. My mom lived with me for two years, and to be very honest, I didn’t look on it as a burden. I actually looked on it as I was able to have her with me for two more years and now that she’s at Westminster I go up to see her twice a day. And every day to me is a gift.</td>
<td>George</td>
<td>Comfort level</td>
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<td>6. What are some of the key tasks you do each day in your home? Cook? Eat? Laundry? Watch TV? Clean?</td>
<td>These two are just two awesome examples of very active retirees. I usually sleep late in the morning and I have my breakfast, get on the computer, go to medical appointments, go to meetings, and I do enjoy TV in the evening. I have my favorite routine down. I enjoy friends. My husband is the cooker but I do the dishes and laundry. I am a dietician by training and for some reason I don’t enjoy cooking.</td>
<td>Diane</td>
<td>Comfort level</td>
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<td></td>
<td>7. When you think about completing some of these tasks, how do you feel?</td>
<td>Sometimes when I get something accomplished I’m like yes! I got that done.</td>
<td>Martha</td>
<td>Comfort level</td>
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<td>4. How do you feel about using secure technology that doesn’t interfere with your day to day living sending daily information to the people you choose?</td>
<td>No, no I don’t know about that. My daughter knows the problem I had with getting somebody to call me so she calls me every day from California. She would probably like having that information so that she wouldn’t necessarily have to make a call. I wouldn’t mind it</td>
<td>Comfort level</td>
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<td>I think it might vary. Again, with the situation. There might be some families where that’s fine. Everybody’s up and running and it’s nice to know you can look at something-ope, mom’s okay today. But there are other cases where you need to hear their voice, and I think you still want that personal contact.</td>
<td>Comfort level</td>
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<td>Question</td>
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<td>1</td>
<td>Have you ever considered moving to an assisted living facility? Why?</td>
<td>I haven’t, I have neighbors that are aware of what’s going on</td>
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<td>2</td>
<td>When you think about living alone, how does that make you feel?</td>
<td>Very comfortable</td>
<td>Peter</td>
<td></td>
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<td>3</td>
<td>When you think about changing your current living arrangements, such as going to an independent or assisted living facility or moving in with family, how does that make you feel?</td>
<td>I imagine my kids would want me to come to Indianapolis, but all my friends are here. Going along with that, I was just recently in rehab because of a major surgery I had two years ago. I’ve been in assisted living because I had to learn to walk again and all those things, so I’ve been there; I’ve done that. I want to stay independent for as long as I can.</td>
<td>Ray</td>
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<td>6</td>
<td>What are some of the key tasks you do each day in your home? Cook? Eat? Laundry? Watch TV? Clean?</td>
<td>I belong to a discussion group every Thursday night; I enjoy reading; I thoroughly enjoy this group. We are a group of lifelong learners and I believe those people exemplify what ought to happen in retirement; all of the things that they keep on learning, that they continually stretch their minds to open up to new ideas. I learn every single week that I’m there, so I do quite a bit of reading and I keep a dictionary right on my coffee table so I force myself to look up new things, new concepts. And I listen to a lot of music.</td>
<td>George</td>
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<td>1</td>
<td>How do your children and other loved ones feel about you living alone?</td>
<td>I really don’t know</td>
<td></td>
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<tr>
<td>1</td>
<td>Have you ever considered moving to assisted living facility? Why?</td>
<td>I haven’t, I have neighbors that are aware of what’s going on</td>
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**Comfort Levels:**
- Peter: Comfort Level
- Ray: Comfort level
- George: Comfort level
6. In terms of how strongly you feel about living in your own home as compared to going into assisted living, would that type of technology be an option or something you would consider if it meant staying in your own home longer? Oh I think it would

Absolutely

Comfort levels

2. When you think about living alone, how does that make you feel? Actually, that is part of my problem too, is that my house, it’s too big. I cannot take care of it by myself. There’s no way I could stay in that house after losing Jack. Erica Concerns Concern for residential upkeep
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<tr>
<th></th>
<th>Question</th>
<th>Response</th>
<th>Name</th>
<th>Concerns</th>
<th>Concern expressed by</th>
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<td>1</td>
<td>8. How do your children and other loved ones feel about you living alone?</td>
<td>The kids have one problem with me. As soon as I became a widower, I tried to find an organization and there is one in Muncie. Except they don’t actually do it. At better way, they supposedly offer a service to call you daily, just to see that you’re alive. Only problem is, I applied for 2 months, made 20 phone calls, and talked 6 people. And never could make it happen.</td>
<td>Zach</td>
<td>Concerns</td>
<td>Concern expressed by loved ones</td>
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<td>1</td>
<td>2. When you think about living alone, how does that make you feel?</td>
<td>That’s my only concern, is if I die, how long would it be before anybody would find me.</td>
<td>Lisa</td>
<td>Concerns</td>
<td>Concern for future difficulties</td>
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<td>1</td>
<td>3. When you think about changing your current living arrangements, such as going to an independent or assisted living facility or moving in with family, how does that make you feel?</td>
<td>Well, I’d prefer to be where my daughter could watch my health situation. I mean if my health collapsed I would want to be in a place where I could be with people, where I wouldn’t be relying on her for my contacts with other people.</td>
<td>Cassie</td>
<td>Concerns</td>
<td>Concern for future difficulties</td>
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<td>2</td>
<td>6. In terms of how strongly you feel about living in your own home as compared to going into assisted living, would that type of technology be an option or something you would consider if it meant staying in your own home longer?</td>
<td>I think another intermediate step is too. I’m in a home with a very large garden. That I love it, but I’m slowing down. I do less and less than I used to do from year to year. The next step would probably get someone to get rid of it, or mow my yard. That eliminates all that work, winter, spring, summer, fall</td>
<td>Concerns</td>
<td>Concern for future difficulties</td>
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6. In terms of how strongly you feel about living in your own home as compared to going into assisted living, would that type of technology be an option or something you would consider if it meant staying in your own home longer?

I’m kind of technically challenged. I can do some things but I’m assuming that if it was for someone to be checked on that it would be made appropriate for them to use.

Concerns Concern for future difficulties

2. When you think about living alone, how does that make you feel?

I think I have mixed feelings. I think independence is very important to me, but I think there would be an element of loneliness. To be able to maintain myself with as little help as possible.

Cassie Concerns Concern for future difficulties

4. When you think about the internal environment in your home how comfortable are you?

Well, we built our home and I love our home. We have stairs in it, which may become an issue, but we have a downstairs bedroom, which does help. I feel very safe in our neighborhood. I just feel like if I were alone, there would be maintenance issues and I think we’re all pretty lucky. Financially, I think, we’re not in a place where it would be a big burden to hire someone to have that done. But, on the other hand, after a while things could become burdensome.

Erica Concerns Concern for future difficulties
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<th></th>
<th>Question</th>
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<th>Name</th>
<th>Concerns</th>
<th>Future Difficulties</th>
<th>Personal Safety</th>
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<td>3</td>
<td>4. When you think about the internal environment in your home how comfortable are you?</td>
<td>I’ve been fortunate because we do have a lovely home and it has a feeling of serenity anywhere in the house or the yard. Anybody that’s been in my house or yard can feel it. As my health gets worse, I no longer do as much. Jack does all the wash now because I can’t go up and down the stairs to the basement. Now that he has taken over more I really don’t like that I can’t do as much in the house as I thought I would be able to. I feel comfortable there with Jack because he has taken over a lot and we do have a basement. He’d do a lot better without me than I could without him.</td>
<td>Erica</td>
<td>Concerns</td>
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<td>1</td>
<td>2. When you think about living alone, how does that make you feel?</td>
<td>I find it kinda scary and I’m thinking more of robbers. I don’t know why, but that’s always a scary part to me. Right now I know there’s somebody there.</td>
<td>Martha</td>
<td>Concerns</td>
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I just wanted to add a little comment to the discussion. It hit me extremely hard after my husband died. I just felt really vulnerable and I realized that I didn’t have anything planned for future, health-wise. I had insurance, that’s not what I’m talking about, but somebody to care for me if I have a stroke or I’m just drooling all over the place. You know, if I can’t manage things myself or somebody needs to manage my care. I still feel extremely vulnerable because I have tried several times to get nursing home insurance but I have been denied that. Someone told me I might want to try again because they changed the rules. So, I am now in the process of applying again, but I think I will be denied again. So, I’ve been looking into CCRCs (Continual Care Retirement Communities) where you buy into that and then they take care of you should your health turn worse. So that’s where I’m at right now, but quite frankly, like I told someone else, I’m just not ready to go to a retirement community yet. But, there are some places that I saw and really liked where there is an eight to nine year waiting list. So, I have to figure all of this out because it is very much a big problem. If I were living with someone I wouldn’t be thinking about this issues, which I still know would come.
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<th>2. When you think about living alone, how does that make you feel?</th>
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<td>I lost my first husband in 2001 and I was alone for a year and a half. My husband passed away, though, at Westminster, so his death is not associated with the house. The reasons that I moved out of the house was because it was way too big for me. We had tried to have a lifestyle where we would support both Ball State University and its music department and art department and alone I felt I could not do that. So I moved to a smaller home and now I am remarried again and should I become a widow again I know I can handle living in that house.</td>
<td>Megan</td>
<td>Concerns</td>
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<td>3</td>
<td>I think I would consider moving into an environment like a condominium, or someplace like that, because, again, our house is too big and I have a lot of family members. It would be kind of nice to reestablish my life somewhere.</td>
<td>Diana</td>
<td>Concerns</td>
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<td>3</td>
<td>Yeah, having seen my sister lose her husband and the kind of things that she had to do to adjust to being on her own and just having gone through some scary times myself. I am now having some duties that I didn’t have before. Knowing that is just being able to support a particular residence. I could see a condo or something. I don’t think that I would have trouble being alone other than that I would miss my husband very much but I’m pretty independent in that way but I think I would have to be realistic about what I was able to do and I think a lot of that would mean, if you live in a larger place, you would have to hire a lot of stuff done.</td>
<td>Erica</td>
<td>Concerns</td>
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<td>4. When you think about the internal environment in your home how comfortable are you?</td>
<td>I’m comfortable in my home. Since we’ve been talking about this, I’ve been thinking more about my home and what adjustments might I need to make in order to remain there if my health failed. I’m comfortable now and I believe there are ways that it could be adjusted so I could continue to be comfortable.</td>
<td>Jen</td>
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<td>2. With whom are you comfortable sharing information about your life?</td>
<td>When I first retired it was a big issue, but I reached a point where I really don’t care. I do have a plot near my mother. I don’t want to end up like my dad who was cremated, thrown in the bushes, and then my family moved.</td>
<td>Mike</td>
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<td>2. When you think about living alone, how does that make you feel?</td>
<td>The thought of being alone would be associated with the death of my husband or his being institutionalized for some reason, and I think I would miss him terribly. So, I don’t like that idea.</td>
<td>Diana</td>
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<td>6. What are some of the key tasks you do each day in your home? Cook? Eat? Laundry? Watch TV? Clean?</td>
<td>We go to exercise three days a week. We go to lunch every day. I have to monitor what I eat and it’s easier to do from a restaurant.</td>
<td>Erica</td>
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<td>5. How do you feel about talking with your loved ones about items like your safety, wellbeing, end of life decisions?</td>
<td>For me it was more difficult for my daughter than it was for me. She just doesn’t want to face the fact that we’re mortal</td>
<td>Lisa</td>
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<td>5. How do you feel about talking with your loved ones about items like your safety, wellbeing, end of life decisions?</td>
<td>I had a lot of easier time talking to my kids than they had talking to me. I think my own son loves me. He is my friend, and is afraid of not doing the funeral they way I want. Which I never stood for, I’m not real big on funerals. I am just going to be cremated</td>
<td>Zach</td>
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2 5. How do you feel about talking with your loved ones about items like your safety, wellbeing, end of life decisions?

Just, I was thinking, my granddaughter lives with my daughter and brought my great-granddaughter and they’ve been there over a year. My granddaughter is ill; she has two brain aneurisms. I would really hesitate to broach the subject of my passing under those circumstances. And yet, that’s a reality and it could happen. I’m probably in better health than I have been in a while because I’m being very intentional about it, but just to bring that up to my daughter, right at this time, would be really difficult for me. So, that’s my answer. Well, my husband and I have talked about it and made pretty definite plans.

Jen Concerns Perceived concern of loved ones

3 4. How do you feel about using secure technology that doesn't interfere with your day to day living sending daily information to the people you choose?

I certainly don’t want mine out on the internet. I’m a private person.

Cassie Concerns Privacy concerns

2 4. How do you feel about using secure technology that doesn't interfere with your day to day living sending daily information to the people you choose?

And I’m wondering if another feature to her, and it is me as well, is not wanting to be a burden to someone else.

Jen Concerns Privacy concerns
1. Have you ever considered moving to an assisted living facility? Why?

I just had a very good friend who just retired; and she said today’s the day. My wife and I gave her a retirement gift basket. I went around 3 or 4 retirement places and got brochures. No more than 5-6 minutes of being in there I just got the creepiest feeling, oh my god. I don’t want to be here. So, that might be part of it…

2. With whom are you comfortable sharing information about your life?

It’s just a question of what information you are going to share. You know I have private information but I’m not going to share that with anybody obviously. Like what I’ve been sharing here I don’t mind. One of the things that my grief counselor wanted to discuss was sex. I did not want to do that.

6. In terms of how strongly you feel about living in your own home as compared to going into assisted living, would that type of technology be an option or something you would consider if it meant staying in your own home longer?

I think it is an issue. I want to know who else is getting it. My sister in California knows that I’m up and doing well, but is there somebody else tapping into that, also. I just have to think about that. I’m just concerned about stuff like that.

Concerns  Privacy concerns
Concerns  Privacy concerns
Concerns  Relocation concerns
Concerns  Relocation concerns
1. Have you ever considered moving to an assisted living facility? Why?

You know subconsciously, assisted living is the first step. What’s the next step? A nursing home? I just wanna stay away.

During conversation that kind of changed my mind. I think there is a difference in going to an assisted living and nursing homes. And I think if I went into an assisted living and I needed that help that would be a good option. But, I think I was thinking more of that nursing home where friends that I’ve visited in a nursing home, shares a room, there’s one TV and turned up way loud and she’s not deaf.

Yeah. Yeah. I think maybe this has to do with the independence too. If you move into assisted living you have a degree of independence. You may need help to take a shower, or you may need help for something else too, to take your medications. But you still have the independence that you can take part in activities that are going on or not. But you still have some choices you can make. When it comes time to go into the skilled cared or the nursing home facility, that decision is oftentimes taken out of our hands. We’re to a point where we can’t take care of ourselves; and that’s the ultimate giving up our independence then. I think that’s why there’s a big step between assisted and nursing homes at least in our minds and we’re not there yet. But from this perspective I think that’s what we’re seeing.
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<th></th>
<th>2. With whom are you comfortable sharing information about your life?</th>
<th>I’m a little disturbed at the financial information that you have to share with the staff when you consider looking into an assisted living facility. They do want to be sure they can get a hold of all your funds.</th>
<th>Concerns</th>
<th>Relocation concerns</th>
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<td>3</td>
<td>6. In terms of how strongly you feel about living in your own home as compared to going into assisted living, would that type of technology be an option or something you would consider if it meant staying in your own home longer?</td>
<td>I think my first option would be family. That’s my first option, but family might be temporary too.</td>
<td>Jim</td>
<td>Concerns</td>
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<td>4</td>
<td>6. In terms of how strongly you feel about living in your own home as compared to going into assisted living, would that type of technology be an option or something you would consider if it meant staying in your own home longer?</td>
<td>I would prefer to move to Westminster (assisted living) if I needed that much monitoring. Depending on the degree of monitoring, I would go to Westminster.</td>
<td>Megan</td>
<td>Concerns</td>
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<td>3. When you think about changing your current living arrangements, such as going to an independent or assisted living facility or moving in with family, how does that make you feel?</td>
<td>I think what we need to do is <strong>start</strong> looking into the possibility of them. I’ve researched six of them. I haven’t decided whether or not I’d want to do it at all or not. If I do, each one of them offers the option to move in on a temporary basis to try it; and I wouldn’t consider it otherwise.</td>
<td>Zach</td>
<td>Concerns</td>
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<td>3. When you think about changing your current living arrangements, such as going to an independent or assisted living facility or moving in with family, how does that make you feel?</td>
<td>I’d do it if it were necessary, but again, I don’t think I would like it once I had to do it. However it may never be an option for me</td>
<td>Joe</td>
<td>Concerns</td>
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<td>1</td>
<td>3. When you think about changing your current living arrangements, such as going to an independent or assisted living facility or moving in with family, how does that make you feel?</td>
<td>If I moved into a place, and there’d be 100 people there. I’d be the 100th person and there’d be 99 strangers. And I wonder if I’d be comfortable with 85 of em, of 63 of em, or whatever. You gotta think there’s religious differences, political differences, there’s just certain circumstances I would not want to be in. that would be very uncomfortable given who I am and what I’m all about.</td>
<td>Joe</td>
<td>Concerns</td>
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<td></td>
<td>3. When you think about changing your current living arrangements, such as going to an independent or assisted living facility or moving in with family, how does that make you feel?</td>
<td>I feel sorry for people who become incapacitated and they try to stay alone in their home. I think it’s important to have companionship. That’s one of the advantages of being at a place like Westminster. My mother was a very social person and when she was there it was much better for her. They would change her clothes and get her dinner and so forth and it was getting better every day. I think you need that; I mean not everybody would need that but I would need that stimulation. I wouldn’t want to sit home by myself.</td>
<td>Cassie</td>
<td>Concerns</td>
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<td>3. When you think about changing your current living arrangements, such as going to an independent or assisted living facility or moving in with family, how does that make you feel?</td>
<td>I have a son, who lives in Muncie, who said I could move in with him, but I don’t want to do that and I would rather move to a place like Westminster and as long as I can, still get out and have him call me every day, rather than stay at his house. I just, my own mother, I remember did not want to burden us. She always said if we wanted to get help for her that would be fine, but she didn’t want to move in with any of us.</td>
<td>Megan</td>
<td>Concerns</td>
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<td></td>
<td>3. When you think about changing your current living arrangements, such as going to an independent or assisted living facility or moving in with family, how does that make you feel?</td>
<td>I just want to stay in my house as long as I can. Westminster does not appeal to me; nothing like that appeals to me. I like nature and we have a lot of land and I would miss that part. I enjoy watching little critters run around the back yard and I enjoy taking care of them.</td>
<td>Jack</td>
<td>Concerns</td>
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<td>5.</td>
<td>How do you feel about talking with your loved ones about items like your safety, wellbeing, end of life decisions?</td>
<td>I don’t know maybe, it’s reality but I don’t think it’s an issue in our house. I would never have another house in a million years and that’s really the next step when you’re talking about your safety. Oh my god what do I do about it…</td>
<td>Joe</td>
<td>Concerns</td>
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6. In terms of how strongly you feel about living in your own home as compared to going into assisted living, would that type of technologies be an option or something you would consider if it meant staying in your own home longer?

One of the things I want eliminated is just the maintenance of my home. I have to hire my neighbors kids to mow the lawn, Never had to do that in my life!

I agree. Making it so you can stay in your home. Of course, on the other hand, it might give me a bad time and I might be ready to go to Westminster where they do have all the facilities. You wouldn’t have to worry about cooking or lots of events as long as I could get around.

I think one of the concerns for me has to do with the home itself and the home being maintained and the yard being maintained and all the maintenance that goes into being in a home. It is, equally, how well am I being maintained to stay there and then how well is the home being maintained. How could technology help with those things too? I think that might be even another question, another area. I don’t know if I’m making myself clear.
2 6. In terms of how strongly you feel about living in your own home as compared to going into assisted living, would that type of technology be an option or something you would consider if it meant staying in your own home longer? I see myself not able to do as much, for instance, in the yard as I once was and I find myself, I used to be able to clean my home in half a day; I could whip through it in no time. You know, but now it may take two days, two and a half days, you know. I see that becoming even more so as I age and so those are questions too, under technologies that might enhance that process.

Jen Concerns Residential concerns

3 6. In terms of how strongly you feel about living in your own home as compared to going into assisted living, would that type of technology be an option or something you would consider if it meant staying in your own home longer? I suppose there would be a point where…you’re asking about me, myself, but it’s hard for me to think that far ahead. I suppose I would take the monitoring system if it would allow me to stay where I was for another six months. I think my first choice would be to move, if I was invited, to move into a family member. But, I suppose I would be able to use that technology.

Jim Concerns Residential concerns

1 4. When you think about the internal environment in your home how comfortable are you? I have a security system you know I live in a condo but it’s not a gated community. They have restrictions and such so that no one is soliciting and so forth. The building itself is not terribly old however about a week and half ago my garage door opener gave up the goat so I had to get a new one. I can’t open an overhead garage door by myself. That’s one thing I miss is that I don’t have somebody to say hey water pipes broken or the microwave doesn’t work. I have to get somebody to take care of it.

Martha Concerns Residential concerns
3. What kind of information are you willing to have the people identified in the previous question monitor?

You’re talking about, that monitoring, I guess I’d feel pretty sure sharing that with a person who, the person who, had a responsibility for doing something about it. Whoever was the care manager or whoever needed to know. Not my other relatives who are busy, what are they going to do?

Jim Concerns Technology practicality concerns

3. What kind of information are you willing to have the people identified in the previous question monitor?

I think that, if it is the case that my son remains far away and my daughter remains halfway around the world, that I would rather transfer that to a friend close by because if it were something even of moderate interest or concern, unless something serious happened, I think it would just worry my kids more than anything else.

George Concerns Technology practicality concerns

3. What kind of information are you willing to have the people identified in the previous question monitor?

I still think that twice a day visiting is the best thing but if you can’t do that then at least call once a day and check, or morning and even. Or maybe, if there is danger about you, wearing a button, which I think is an essential thing. And, having a phone call, I don’t think you need much else.

Megan Concerns Technology practicality concerns

2. How do you feel about using secure technology that doesn’t interfere with your day to day living sending daily information to the people you choose?

I wouldn’t really care, but I can’t see that they’d be interested to know that information.

Concerns Technology practicality concerns

2. How do you feel about using secure technology that doesn’t interfere with your day to day living sending daily information to the people you choose?

No, I wouldn’t mind but I would think that would be a bit invasive. And they would not necessarily, like my daughter doesn’t even answer her cell phone part of the time. Would they be watching us? Would they be checking us?

Concerns Technology practicality concerns
3. How do you feel about using secure technology that doesn't interfere with your day to day living sending daily information to the people you choose? Old and helpless. I can see a value to it, but if your medical condition requires it, your doctor or healthcare professional. I don’t know why your children would really want that. Depends on each one’s situation. Jim Concerns Technology practicality concerns

2. What do you think about having your light use monitored by technology? Your water use? Your pantry doors opening? If and when you are getting out of bed? Refrigerator usage? Okay, I didn’t flush the toilet today, and it didn’t send a message. Will it send the one that the refrigerator or just the telephone? Makes me feel safe if it’s attached. Jim Concerns Technology practicality concerns

2. What do you think about having your light use monitored by technology? Your water use? Your pantry doors opening? If and when you are getting out of bed? Refrigerator usage? (Light monitor) I’d be against that. I think it would be invasive for someone to be monitoring whether I turn the light on or off. That’s too futuristic for me. Jim Concerns Technology practicality concerns

2. What do you think about having your light use monitored by technology? Your water use? Your pantry doors opening? If and when you are getting out of bed? Refrigerator usage? The only thing I could really see is the stove. I don’t see why they haven’t built stoves that turn off. It’s a real hazard if you leave a pot on the stove and could start a fire. Yes a technology that would turn a burner off if there were nothing… Cassie Concerns Technology practicality concerns
5. What do you think about having your light use monitored by technology? Your water use? Your pantry doors opening? If and when you are getting out of bed? Refrigerator usage?

(Bed monitor) Well, to me, someone would really have to be last few months of life and someone is monitoring them that can’t be there. I suppose there’s a use for it, but in my current state of mind it’d be terribly invasive. If someone were seriously unable to…someone that does have home-healthcare or something like that…they need to be in a nursing home but are managing to stay at home, I get it in that situation, but only in those certain situations. Jim

Concerns Technology practicality concerns

2 6. In terms of how strongly you feel about living in your own home as compared to going into assisted living, would that type of technology be an option or something you would consider if it meant staying in your own home longer?

I didn’t think we were talking choices…. I think the choice you have to make when thinking about going into assisted living is can I take care of myself enough? Do I have the stamina and the strength to all the things I need to do here at home. A whole variety of things, that maybe my life would be better without it. So maybe that assisted living… So if the technology doesn’t kick in, it would be nice to have it up unto that point. That’s not what’s keeping me in my home.

Concerns Technology practicality concerns

2 6. In terms of how strongly you feel about living in your own home as compared to going into assisted living, would that type of technology be an option or something you would consider if it meant staying in your own home longer?

I guess too, if it were to fail, that would mean that the message didn’t get there so it would alert. If it were what you mentioned where it let you know if something has not been done as opposed to it being done kinda thing.
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<th>2. When you think about living alone, how does that make you feel?</th>
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<td>Leading towards frightening</td>
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<td>Well, it’s because my husband died in that home and it’s also because I found him. It’s the kitchen image that I just cannot get out of my mind. So it’s the home that bothers me; it’s not the by myself. It’s that location that haunts me so I need to move on from there.</td>
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<td>3</td>
<td>I understand what the two ladies have said because my mother lived with me for two years. From the age of 100 to 102 and she now lives at Westminster but I was afraid that she would pass away in my home and I would have the same feeling about that.</td>
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Jack: Concerns on Technology practicality concerns.

Emily: Concerns.
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<th>3. When you think about changing your current living arrangements, such as going to an independent or assisted living facility or moving in with family, how does that make you feel?</th>
<th>Maybe the expenses of a nursing home</th>
<th>Peter</th>
<th>Concerns</th>
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<td>1</td>
<td>I might not live by myself if my wife was gone. I like to be around other people. If she wasn’t there to help me.</td>
<td>Jen</td>
<td>Concerns</td>
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<td>2</td>
<td>Well I hope what I said didn’t sound too negative. I’m in a good relationship with my daughter, but I would want that to continue, and I think it would continue best if we were both not living together.</td>
<td>Joe</td>
<td>Concerns</td>
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1 6. What are some of the key tasks you do each day in your home? Cook? Eat? Laundry? Watch TV? Clean?
   I do those kinds of things too, and then church on Sundays. And then we have time enough to keep an eye on the neighbors and the neighbors know a lot that we’re there. So the neighbors can make sure everything’s okay. And if they need us to do something, like if there’s a package going to be delivered today can you keep an eye on it? Yes we can do that.
   Lisa Concerns

1 6. What are some of the key tasks you do each day in your home? Cook? Eat? Laundry? Watch TV? Clean?
   Must be nice to see that many people. I don’t see, the person I see the most is my grief counselor that comes once a month.
   Zach Concerns

3 6. What are some of the key tasks you do each day in your home? Cook? Eat? Laundry? Watch TV? Clean?
   We have a dog and two cats. It would be hard for me to go someplace where I could not take my dog and one of my cats with me. It could get hard for me to get up to let the dog out. My step-son now plants flowers rather than my doing it because it’s easier for him to get up and down. I generally do the laundry. I like to cook, although I don’t cook as much now as I used to. I have an elliptical at home so I try to do that three days a week. I go to the Y to do weights three days a week. I like to read and watch TV at night.
   Mike Concerns

1 7. When you think about completing some of these tasks, how do you feel?
   I don’t have enough to do, that’s what brought me here to talk to you guys. I RSVPed to get some volunteer work in; I don’t have it yet but he asked me to come to this while I was here. But I’m looking for work. Yeah I was a caregiver for four years. Had to drop everything on the side, it was my whole life for several years.
   Zach Concerns
1 8. How do your children and other loved ones feel about you living alone?

I’m pretty independent, don’t really need any help and my kids have never really worried about taking care of me. I didn’t want em to think that.

Peter

Concerns

2 8. How do your children and other loved ones feel about you living alone?

Our daughter lives in Wisconsin and has six children and they’re just dying for us to move up there; more my wife than me. I’m coming along. But, she went up there last week and helped out and I’ve done the same and it’s like you’re busy from the time you get up until the time you go to bed, just helping out. So, they would like us to live there but we haven’t discussed living alone. I just figure I’m dying first, but she doesn’t need me as far as her living goes, so it’d be easier. She’s not worried about it because she can do it all. Things could happen, but we haven’t really actually talked about it with anybody else.

Jim

Concerns

3 2. With whom are you comfortable sharing information about your life?

I have two children who are physicians so I just keep them informed about what’s going on with myself and my husband. The one who lives here is more intimately involved. I would have no (problem) asking them for help or advice. We’ve already written our living wills so it’s already spelled out.

Diane

Concerns

3 2. With whom are you comfortable sharing information about your life?

I really have discussed that because I’m so focused on my mom’s care at this point, but I’m learning a lot about those issues so I can make notes and some day bring it up with my kids, but one is in Australia and one is in Denver so that is going to be kind of a logistic issue.

George

Concerns
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<td>3.</td>
<td>3. What kind of information are you willing to have the people identified in the previous question monitor?</td>
<td>That might not work because my family is about 100 miles away from me so I guess I’d have to say family or close friend.</td>
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<td>My daughters are in Indianapolis, so, whatever it takes. (In terms of staying in your home longer)</td>
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<td>4. How do you feel about using secure technology that doesn't interfere with your day to day living sending daily information to the people you choose?</td>
<td>No, no I don’t know about that. My daughter knows the problem I had with getting somebody to call me so she calls me every day from California. She would probably like having that information so that she wouldn’t necessarily have to make a call. I wouldn’t mind it.</td>
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<td>2</td>
<td>4. How do you feel about using secure technology that doesn't interfere with your day to day living sending daily information to the people you choose?</td>
<td>Well my mother resisted that to such a degree and I find myself saying not yet. Not yet, I don’t think I need anything like that. But, I’m at the age that I was trying to persuade it, but I think it was very worthwhile. I think it meant relinquishing some of her independence and that independence was still important.</td>
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<td>2. When you think about living alone, how does that make you feel?</td>
<td>I agree with that, I’ve been alone now almost 3 years. I can come and go as I choose. And if I wake up in the middle of the night and want to run the sweeper, I can.</td>
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**Concerns**

Jen

Ray

Concerns

Concerns

Jen

Concerns

Concerns

Harriet

Element of wellness

Environmental Wellness
2. When you think about living alone, how does that make you feel?

I, also, the only way I would live alone would be if something happened to my husband, and the thought of that scares me and makes me sad. I’ve had the feeling for a long time that I would prefer to leave this world before he does. I feel very safe with him, and, in fact, it bothers me that he doesn’t take better care of himself.

Erica
Element of Wellness
Emotional wellness

3 2. When you think about living alone, how does that make you feel?

I do enjoy my own company and I can keep myself really quite busy so that’s not an issue for me. But I would need to make some type of plan to be involved with my family, involved with the community and not isolate myself.

Diana
Element of Wellness
Emotional wellness
I just wanted to add a little comment to the discussion. It hit me extremely hard after my husband died. I just felt really vulnerable and I realized that I didn’t have anything planned for future, health-wise. I had insurance, that’s not what I’m talking about, but somebody to care for me if I have a stroke or I’m just drooling all over the place. You know, if I can’t manage things myself or somebody needs to manage my care. I still feel extremely vulnerable because I have tried several times to get nursing home insurance but I have been denied that. Someone told me I might want to try again because they changed the rules. So, I am now in the process of applying again, but I think I will be denied again. So, I’ve been looking into CCRCs (Continual Care Retirement Communities) where you buy into that and then they take care of you should your health turn worse. So that’s where I’m at right now, but quite frankly, like I told someone else, I’m just not ready to go to a retirement community yet. But, there are some places that I saw and really liked where there is an eight to nine year waiting list. So, I have to figure all of this out because it is very much a big problem. If I were living with someone I wouldn’t be thinking about this issues, which I still know would come.
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<td>3. When you think about changing your current living arrangements, such as going to an independent or assisted living facility or moving in with family, how does that make you feel?</td>
<td>I think it depends on the perspective. My mom lived with me for two years, and to be very honest, I didn’t look on it as a burden. I actually looked on it as I was able to have her with me for two more years and now that she’s at Westminster I go up to see her twice a day. And every day to me is a gift.</td>
<td>George</td>
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<td>4. When you think about the internal environment in your home, how comfortable are you?</td>
<td>I feel very secure. I’m not afraid of my neighbors, I’m not afraid of somebody breaking in. I feel very secure in my home.</td>
<td>Joe</td>
<td>Element of wellness</td>
<td>Emotional wellness</td>
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<td>7. When you think about completing some of these tasks, how do you feel?</td>
<td>Sometimes when I get something accomplished I’m like yes! I got that done.</td>
<td>Martha</td>
<td>Element of wellness</td>
<td>Emotional wellness</td>
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<td>7. When you think about completing some of these tasks, how do you feel?</td>
<td>I tried to think of that. You know I never really liked housekeeping before and still don’t like it very much. But I just do it. But I’m not afraid of any tasks that I need to perform.</td>
<td>Harriet</td>
<td>Element of wellness</td>
<td>Emotional wellness</td>
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<td>7. When you think about completing some of these tasks, how do you feel?</td>
<td>I like instant gratification. I like shoveling the drive, mowing the yard, picking up sticks.</td>
<td>Jack</td>
<td>Element of wellness</td>
<td>Emotional wellness</td>
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<tr>
<td>1. Have you ever considered moving to assisted living facility? Why?</td>
<td>My dad always said he would never go to a nursing home cuz that’s just where people go to die. I said dad, you spent three years of your life the in hospital. Your father, I remember him saying he’d never go to a hospital because that’s where people go to die.</td>
<td>Harriet</td>
<td>Element of wellness</td>
<td>Emotional wellness</td>
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<td>2. With whom are you comfortable sharing information about your life?</td>
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<td>Everything is taken care of. There is room for decisions for my children to make, but all the plans have been laid out and I am comfortable with that. My children are intelligent human beings, for the most part. I feel comfortable and am at peace with what happened with my husband in his passing.</td>
<td>Yeah, having seen my sister lose her husband and the kind of things that she had to do to adjust to being on her own and just having gone through some scary times myself. I am now having some duties that I didn’t have before. Knowing that is just being able to support a particular residence. I could see a condo or something. I don’t think that I would have trouble being alone other than that I would miss my husband very much but I’m pretty independent in that way but I think I would have to be realistic about what I was able to do and I think a lot of that would mean, if you live in a larger place, you would have to hire a lot of stuff done.</td>
<td>I’m a little disturbed at the financial information that you have to share with the staff when you consider looking into an assisted living facility. They do want to be sure they can get a hold of all your funds</td>
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<td></td>
<td>Amy</td>
<td>Element of wellness</td>
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1 3. When you think about changing your current living arrangements, such as going to an independent or assisted living facility or moving in with family, how does that make you feel?

I might not live by myself if my wife was gone. I like to be around other people. If she wasn’t there to help me

Joe  Element of wellness  Environmental Wellness

3 2. When you think about living alone, how does that make you feel?

I lost my first husband in 2001 and I was alone for a year and a half. My husband passed away, though, at Westminster, so his death is not associated with the house. The reasons that I moved out of the house was because it was way too big for me. We had tried to have a lifestyle where we would support both Ball State University and its music department and art department and alone I felt I could not do that. So I moved to a smaller home and now I am remarried again and should I become a widow again I know I can handle living in that house.

Megan  Element of Wellness  Environmental Wellness

3 2. When you think about living alone, how does that make you feel?

I think I would consider moving into an environment like a condominium, or someplace like that, because, again, our house is too big and I have a lot of family members. It would be kind of nice to reestablish my life somewhere.

Diana  Element of Wellness  Environmental Wellness
1 3. When you think about changing your current living arrangements, such as going to an independent or assisted living facility or moving in with family, how does that make you feel?

If I moved into a place, and there’d be 100 people there. I’d be the 100th person and there’d be 99 strangers. And I wonder if I’d be comfortable with 85 of em, of 63 of em, or whatever. You gotta think there’s religious differences, political differences, there’s just certain circumstances I would not want to be in. that would be very uncomfortable given who I am and what I’m all about.

Joe Element of wellness Environment Wellness

1 3. When you think about changing your current living arrangements, such as going to an independent or assisted living facility or moving in with family, how does that make you feel?

Well most of em I have been to, I’ve visited each one of em. You have a lot of freedom to how your room is going to be. You can sit in your room like a urchin if you chose to. There’ll be somebody to check on you to be sure you’re still alive today. But you can go to the park or you can spend all of your time out in the public.

Zach Element of wellness Environment Wellness

2 3. When you think about changing your current living arrangements, such as going to an independent or assisted living facility or moving in with family, how does that make you feel?

I feel sorry for people who become incapacitated and they try to stay alone in their home. I think it’s important to have companionship. That’s one of the advantages of being at a place like Westminster. My mother was a very social person and when she was there it was much better for her. They would change her clothes and get her dinner and so forth and it was getting better every day. I think you need that; I mean not everybody would need that but I would need that stimulation. I wouldn’t want to sit home by myself.

Cassie Element of wellness Environment Wellness
3 3. When you think about changing your current living arrangements, such as going to an independent or assisted living facility or moving in with family, how does that make you feel?

I know that there are places where you can live and sign a contract to look out for others in your community. Then you know that there are always people watching out for you and you always have people to watch out after, almost as if you are co-habitating, but you still have your own home. To me, that sounds like a very nice situation. George

3 3. When you think about changing your current living arrangements, such as going to an independent or assisted living facility or moving in with family, how does that make you feel?

I just want to stay in my house as long as I can. Westminster does not appeal to me; nothing like that appeals to me. I like nature and we have a lot of land and I would miss that part. I enjoy watching little critters run around the back yard and I enjoy taking care of them. Jack

3 3. When you think about changing your current living arrangements, such as going to an independent or assisted living facility or moving in with family, how does that make you feel?

I would certainly agree to that. I enjoy my house. I created a little nature area; I enjoy that. The only thing I know that I’m going to get tired of is cooking and I refuse to go to restaurants all the time. Home maintenance doesn’t bother me. I have done it all my life. Things that I can’t do I hire the work out. George

1 4. When you think about the internal environment in your home how comfortable are you?

I’m secure with the home. I’ve been in environments, where I’ve worried about utilities or appliances or whatever. But I don’t in the environment that I’m in now. I feel comfortable now not only with people from outside but the environment itself. Lisa
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<th>3</th>
<th>4. When you think about the internal environment in your home how comfortable are you?</th>
<th>I’ve been fortunate because we do have a lovely home and it has a feeling of serenity anywhere in the house or the yard. Anybody that’s been in my house or yard can feel it. As my health gets worse, I no longer do as much. Jack does all the wash now because I can’t go up and down the stairs to the basement. Now that he has taken over more I really don’t like that I can’t do as much in the house as I thought I would be able to. I feel comfortable there with Jack because he has taken over a lot and we do have a basement. He’d do a lot better without me than I could without him.</th>
<th>Erica</th>
<th>Element of wellness</th>
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<td>3</td>
<td>6. What are some of the key tasks you do each day in your home? Cook? Eat? Laundry? Watch TV? Clean?</td>
<td>I grew up without television, and I could still do without television. But, I am married to a husband who likes to channel flip. TV is not a big part of my life. House wife is really a big part of my life. I like to cook from scratch, two, sometimes three meals a day. But, I do cook regularly. I do all the laundry; I do all the house cleaning; I do all the gardening; and I will probably start picking up mowing the lawn, at least part of it. As far as my mind is concerned, I work at the Ball State Museum of Art and I give tours and there’s always a new thing to memorize.</td>
<td>Megan</td>
<td>Element of wellness</td>
<td>Environmental Wellness</td>
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<td>3</td>
<td>6. What are some of the key tasks you do each day in your home? Cook? Eat? Laundry? Watch TV? Clean?</td>
<td>We have a cat and I think we’ve had a cat almost all of our lives.</td>
<td>Jack</td>
<td>Element of wellness</td>
<td>Environmental Wellness</td>
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</table>
3 7. When you think about completing some of these tasks, how do you feel? I agree with these comments about home ownership. Health and living is not my house, it’s my husband and my house. I think if we were to relocate I could have the values that you are all sharing again because I had them in the past and I would like to have them again.  
Amy  Element of wellness  Environmental Wellness

1 1. Have you ever considered moving to assisted living facility? Why?  
I do know several people uh who retired from Ball State, and then went to live out at Westminster. Because they would be safe, their possessions would be safe, they could have their meals, they wouldn’t have to worry about cleaning. Yeah and then they were free to travel and not worry about their stuff. So they just took a very positive attitude towards that whole thing.  
Element of wellness  Environmental Wellness

1 1. Have you ever considered moving to assisted living facility? Why?  
During conversation that kind of changed my mind. I think there is a difference in going to an assisted living and nursing homes. And I think if I went into an assisted living and I needed that help that would be a good option. But, I think I was thinking more of that nursing home where friends that I’ve visited in a nursing home, shares a room, there’s one TV and turned up way loud and she’s not deaf.  
Element of wellness  Environmental Wellness

4 6. In terms of how strongly you feel about living in your own home as compared to going into assisted living, would that type of technology be an option or something you would consider if it meant staying in your own home longer?  
I think one of the concerns for me has to do with the home itself and the home being maintained and the yard being maintained and all the maintenance that goes into being in a home. It is, equally, how well am I being maintained to stay there and then how well is the home being maintained. How could technology help with those things too? I think that might be even another question, another area. I don’t know if I’m making myself clear.  
Jen  Element of wellness  Environmental Wellness
6. In terms of how strongly you feel about living in your own home as compared to going into assisted living, would that type of technology be an option or something you would consider if it meant staying in your own home longer?

I would too (move to a different residence). Maybe somewhere, depending on where my kids were, go somewhere where at least I can get outside all year round.

George

Element of wellness

Environmental Wellness

5. How do you feel about talking with your loved ones about items like your safety, wellbeing, end of life decisions?

Well, it’s because my husband died in that home and it’s also because I found him. It’s the kitchen image that I just cannot get out of my mind. So it’s the home that bothers me; it’s not the by myself. It’s that location that haunts me so I need to move on from there.

Emily

Element of Wellness

Environmental Wellness

4. When you think about the internal environment in your home how comfortable are you?

Well, we built our home and I love our home. We have stairs in it, which may become an issue, but we have a downstairs bedroom, which does help. I feel very safe in our neighborhood. I just feel like if I were alone, there would be maintenance issues and I think we’re all pretty lucky. Financially, I think, we’re not in a place where it would be a big burden to hire someone to have that done. But, on the other hand, after a while things could become burdensome.

Erica

Element of wellness

Financial wellness
<table>
<thead>
<tr>
<th></th>
<th>Question</th>
<th>Answer</th>
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<tbody>
<tr>
<td>1</td>
<td>Have you ever considered moving to an assisted living facility? Why?</td>
<td>I like the way that these places know that I'm a veteran. So I can get so much a month to help me do this. So I went to the DA to talk to them about it because I knew my dates were wrong, which there are. But he said why don’t you just move into the Indiana Veteran’s Home? It’s dirt cheap to live there, so I looked into it. It’s dirt cheap? It’s the most expensive one on the lot. It’s $277.16 daily.</td>
</tr>
<tr>
<td>1</td>
<td>With whom are you comfortable sharing information about your life?</td>
<td>Family so much as beneficiaries. For legal order, wife and children.</td>
</tr>
<tr>
<td>2</td>
<td>With whom are you comfortable sharing information about your life?</td>
<td>Well, I have an 89 year-old sister and I talk to her about everything. Some things I tell her and some things I don’t. My kids; they know where all my records, finance, and all that stuff are at. (I share medical information with my children) and my sister sometimes.</td>
</tr>
<tr>
<td>2</td>
<td>With whom are you comfortable sharing information about your life?</td>
<td>I share it with my brother that’s in California. I would share anything with him. Well, my wife too I suppose, but as far as the records go.</td>
</tr>
<tr>
<td>3</td>
<td>With whom are you comfortable sharing information about your life?</td>
<td>Our daughter’s an attorney so we have living wills, power of attorney, power of health care, and everything. Our daughter came to us and asked what our plans were and helped us to plan out and pre-pay and pre-plan our funeral.</td>
</tr>
</tbody>
</table>
3 6. What are some of the key tasks you do each day in your home? Cook? Eat? Laundry? Watch TV? Clean?

I belong to a discussion group every Thursday night; I enjoy reading; I thoroughly enjoy this group. We are a group of lifelong learners and I believe those people exemplify what ought to happen in retirement; all of the things that they keep on learning, that they continually stretch their minds to open up to new ideas. I learn every single week that I’m there, so I do quite a bit of reading and I keep a dictionary right on my coffee table so I force myself to look up new things, new concepts. And I listen to a lot of music.

George

Element of wellness

Intellectual wellness

2 3. When you think about changing your current living arrangements, such as going to an independent or assisted living facility or moving in with family, how does that make you feel?

I imagine my kids would want me to come to Indianapolis, but all my friends are here. Going along with that, I was just recently in rehab because of a major surgery I had two years ago. I’ve been in assisted living because I had to learn to walk again and all those things, so I’ve been there; I’ve done that. I want to stay independent for as long as I can.

Ray

Element of Wellness

Physical wellness

I might mention that I am in cardiac rehab over at Ball Hospital and have been doing that for some years now. It is beneficial.
<table>
<thead>
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<th></th>
<th>5. How do you feel about talking with your loved ones about items like your safety, wellbeing, end of life decisions?</th>
<th>Yeah, we argue about it all the time. (Laughter) Because, I’m at a different stage than she is. I’m recently retired and I’m all ready to rock-n-roll, and she’s enjoying her job. So, we’re pretty independent. She does her thing and I do mine a lot. We do take vacations together. Getting to your question, we have done some planning. We have the [inaudible] directives and all that. We have not made arrangements for burial and all that. I get the feeling that I’m rushing her because she’s still in her career. She doesn’t feel pressed to think about these things too much. I’ve always worked out and I pay attention to my health. I worked out today. She doesn’t work out much but she never sits down, she’s constantly in motion. Dieting—cholesterol and those things—are the hard part. It depends on what we’re talking about.</th>
<th>Jim</th>
<th>Element of wellness</th>
<th>Physical wellness, emotional wellness</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>2. When you think about living alone, how does that make you feel?</td>
<td>Being independent is nice. Not that it’s about being tied down, but it’s nice to be on your own</td>
<td>Zach</td>
<td>Element of wellness</td>
<td>Social wellness</td>
</tr>
<tr>
<td>1</td>
<td>2. When you think about living alone, how does that make you feel?</td>
<td>I’m glad I have someone with me in case I would crash on sugar and things like that. You know, someone right beside me</td>
<td>Peter</td>
<td>Element of wellness</td>
<td>Social wellness</td>
</tr>
<tr>
<td>2</td>
<td>2. When you think about living alone, how does that make you feel?</td>
<td>Independent, I’ve been alone now for five years. My being alone happened rather suddenly. My wife and good friend were killed suddenly in a freight train accident five years ago out in Northern Henry County, so I was instantly made a widow. But, I have a lot of friends and a lot of connections here in Muncie, being a 76 year resident. There are a lot of activities I keep up with.</td>
<td>Ray</td>
<td>Element of wellness</td>
<td>Social wellness</td>
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<td>Question</td>
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<td>3</td>
<td>2. When you think about living alone, how does that make you feel?</td>
<td>I am living alone and I have for about a year and a half and I do not like it. It puts me in a situation where I am deciding if I should stay in this community or move away. But I really feel that I need to be out of the house that I am in right now. I just have to sort out what’s right for me.</td>
<td>Emily Element of Wellness Social wellness</td>
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<td>3</td>
<td>2. When you think about living alone, how does that make you feel?</td>
<td>Well, it’s all kind of interesting. I am fortunate that my wife is several years younger than myself so in my mind chances are I will precede her. So it’s not a big question, but then on the other hand, if something were to happen to her I would probably remain where I am until I could no longer live on my own. And I enjoy people’s company but I also appreciate solitude and quiet. It’s kind of a scary thought though; I hadn’t necessarily thought about some of this.</td>
<td>Mike Element of Wellness Social wellness</td>
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<td>2</td>
<td>3. When you think about changing your current living arrangements, such as going to an independent or assisted living facility or moving in with family, how does that make you feel?</td>
<td>I would resist too, especially moving in with my kids because they’re not on the same wavelength. But I see them, they live in Indianapolis.</td>
<td>Ray Element of Wellness Social wellness</td>
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<td>3</td>
<td>4. When you think about the internal environment in your home how comfortable are you?</td>
<td>She does very good with the community. Most of my friends are her friends and I would miss her if she were gone.</td>
<td>Jack Element of wellness Social wellness</td>
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<td>Well this morning I came and we did ta-chi and yoga. Um Thursday afternoons I always get a massage. Tuesday morning’s I belong to a weight watchers support group. I am a part of lifelong learners on campus. I deliver meals on wheels one day a week. So I uh just keep busy.</td>
<td>Harriet</td>
<td>Element of wellness</td>
<td>Social wellness</td>
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<td>1</td>
<td>I do those kinds of things too, and then church on Sundays. And then we have time enough to keep an eye on the neighbors and the neighbors know a lot that we’re there. So the neighbors can make sure everything’s okay. And if they need us to do something, like if there’s a package going to be delivered today can you keep an eye on it? Yes we can do that.</td>
<td>Lisa</td>
<td>Element of wellness</td>
<td>Social wellness</td>
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<td>1</td>
<td>I have three grandchildren that live here, they’re all college aged. So um they come over once in awhile and check on me and to just visit. Mostly they come when they want something.*laughter.*No, no in fact one of them brought me cake the other day. But she cooks and she knows that I don’t cook much.</td>
<td>Harriet</td>
<td>Element of wellness</td>
<td>Social wellness</td>
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<td>1</td>
<td>I do home cooking, house cleaning, my own driving, other activities. I’m active in church, I recently took up ringing bells and I have lots of friends.</td>
<td>Ray</td>
<td>Element of wellness</td>
<td>Social wellness</td>
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<td>2</td>
<td>I’m very active in congregation. I’m writing and continue doing that; I have been for over 40 years. I’m published. I have been a widow for seven years; I’ve adjusted to it. I don’t have children that are near but they do keep in touch with me more than once a day.</td>
<td>Jen</td>
<td>Element of wellness</td>
<td>Social wellness</td>
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Well, I suppose housekeeping is my least favorite thing, but I do it. And, we’ve cut back on using the dishwasher because our water bill was astronomical, so we’re seeing how we may adjust some things. I do try to keep pretty active and I’m grateful for the ARL group and right now I’m doing update learning at the Methodist church. We’re very involved in our own church. Just on the go quite a bit in those regards. We have three pets; two cats and a dog and that’s a chore too, in a way, to have that many animals. But, there again, I wouldn’t do without them.

I adore to cook and I find that if I’m tired at 5 o’clock I decide I’m gonna start to cooking and it completely relaxes me. I was a food writer for 40 years so I’m very much into it and I find it very relaxing and I like to entertain. And when I do I cook enough stuff for two days, but that’s my favorite way of being with my friends, is having them at my table.

I do take care of grandchildren after school two days a week.

We have grand-pets. They come from next door. We don’t have to feed them or clean a litter box or anything, so that’s nice.
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<th>Question</th>
<th>Response</th>
<th>Name</th>
<th>Element of Wellness</th>
<th>Social Wellness</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>7. When you think about completing some of these tasks, how do you feel?</td>
<td>I guess I appreciate time by myself. I appreciate the church, going to church. And some TV. I appreciate that. I appreciate my family and I like security. She fixes up my medicine, and reminds me to take my shots and I have to remind her. So it’s about fair play.</td>
<td>Peter</td>
<td>Element of wellness</td>
<td></td>
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<tr>
<td>2</td>
<td>2. When you think about living alone, how does that make you feel?</td>
<td>I’m grateful because my mother became unable to cook at 84 and was left without a daily task and it was devastating. It was really difficult and though she was still married, my father was not the caretaking type. Of course, I quit smoking, that helped because my mother was a heavy smoker. I don’t think there’s much else I can do to prevent my eyesight from deteriorating like my mother’s. I think that I’m more assertive than my mother and I would ask people to get me things to keep me connected with the world.</td>
<td>Megan</td>
<td>Element of wellness</td>
<td>Social wellness</td>
</tr>
<tr>
<td>2</td>
<td>2. With whom are you comfortable sharing information about your life?</td>
<td>My daughter is who I talk about my health with.</td>
<td>Cassie</td>
<td>Element of wellness</td>
<td>Social wellness</td>
</tr>
<tr>
<td>2</td>
<td>3. When you think about changing your current living arrangements, such as going to an independent or assisted living facility or moving in with family, how does that make you feel?</td>
<td>I agree. I’m very involved in things and I have good health, fortunately, so I can continue. I don’t know that I would stay here or live by myself if I were really incapacitated. I would go to a safe community where my daughter could visit.</td>
<td>Cassie</td>
<td>Element of wellness</td>
<td>Social wellness</td>
</tr>
<tr>
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<td>7. When you think about completing some of these tasks, how do you feel?</td>
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<td>Peter</td>
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<td>Jen</td>
<td>Element of wellness</td>
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</table>
3. When you think about changing your current living arrangements, such as going to an independent or assisted living facility or moving in with family, how does that make you feel?

Independence I think, you were saying if you get up you can’t up and run the vacuum, etc. but I think that’s it, independence. If you want a cup of tea you can go get it.

Lisa
Element of wellness

5. How do you feel about talking with your loved ones about items like your safety, wellbeing, end of life decisions?

Well, not really. I’m very involved in my life today and that will come. I’ve gone through it with my husband and I found you can take care of those things rather quickly when you’re on top of them. I’ve done the necessary things I have to do. We don’t talk about it really.

Cassie
Element of wellness

6. What are some of the key tasks you do each day in your home? Cook? Eat? Laundry? Watch TV? Clean?

I don’t do much in the way of cooking, but uh I do everything else

Martha
Element of wellness

Water flowers, take care of pets.

Harriet
Element of wellness

I’ve got cats to feed, and there’s always reading, book work.

Joe
Element of wellness
6. What are some of the key tasks you do each day in your home? Cook? Eat? Laundry? Watch TV? Clean?

These two are just two awesome examples of very active retirees. I usually sleep late in the morning and I have my breakfast, get on the computer, go to medical appointments, go to meetings, and I do enjoy TV in the evening. I have my favorite routine down. I enjoy friends. My husband is the cooker but I do the dishes and laundry. I am a dietician by training and for some reason I don’t enjoy cooking.

2. With whom are you comfortable sharing information about your life?

Well obviously my daughter but like I say she moved to New York city and I’m here. But we talk often enough that I think that she would know.

With whom are you comfortable sharing information about your life?

With my daughter and my family with them is like phone calls and emails.

4. How do you feel about using secure technology that doesn’t interfere with your day to day living sending daily information to the people you choose?

Well that’s where neighbor’s come in handy. My mother lived in a government subsidized housing and the night that she fell they didn’t notice but her neighbors noticed that she hadn’t come to pick up her paper and so she called and got somebody to go check on her.

5. What do you think about having your light use monitored by technology? Your water use? Your pantry doors opening? If and when you are getting out of bed? Refrigerator usage?

(Bed monitor) Right, cause if you had been getting up and getting up and then all of a sudden you weren’t then that would be good.
6. In terms of how strongly you feel about living in your own home as compared to going into assisted living, would that type of technology be an option or something you would consider if it meant staying in your own home longer?

There’s also a step that we haven’t even talked about and that’s home health care. There are times where we would be able to live in our own homes as long as someone came in and ran the vacuum cleaner. Or, something like that. And that might be with the technology or without. Because someone might begin that twice or three times a week checking in. I think that there are several other steps along the way. And the technology could be valuable or not-needed on each of those steps, that’s the way I’m seeing it from here.

I think they’re getting it now whether we want it or not. Our medical history, our financial records. Just one more thing.

Well I think you really can’t make that decision until you come to it. I don’t think you can predict now what you’re going to do.
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<th>Question</th>
<th>Response</th>
<th>Name</th>
<th>Category</th>
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<tbody>
<tr>
<td>1</td>
<td>1. How long have you lived in your home?</td>
<td>I was sixty five when my husband passed away and what I did was I always turned to teaching. I needed to have something to get up for every morning and a task to do and that was very helpful.</td>
<td>Megan</td>
<td>Element of Wellness</td>
</tr>
<tr>
<td>1</td>
<td>1. How long have you lived in your home?</td>
<td>We’ve discussed them with my daughters and all and we’ve gone back and forth on it. My wife has given me some hints. The girls are inquiring but I talk to them almost every day through phone or e-mail, so no problems. Of course, I have quite a bit of an advantage on expenses and things like that; I was a funeral director for quite a bit of years.</td>
<td>Ray</td>
<td>Elements of wellness</td>
</tr>
<tr>
<td>1</td>
<td>1. How long have you lived in your home?</td>
<td>I can probably share with my daughter and my wifeElements of wellness</td>
<td>Joe</td>
<td>Housing Issues</td>
</tr>
<tr>
<td>1</td>
<td>1. How long have you lived in your home?</td>
<td>6 years</td>
<td>Harriet</td>
<td>Housing Issues</td>
</tr>
<tr>
<td>3</td>
<td>3. When you think about changing your current living arrangements, such as going to an independent or assisted living facility or moving in with family, how does that make you feel?</td>
<td>Well that’s one of the reasons when my husband got sick we moved into a condominium. So we still have our own facilities but we have neighbors very close. Where before we were 10 miles out in the country. It’s very convenient to live where we do. The neighbors do kinda notice if you come and go.</td>
<td>Lisa</td>
<td>Housing issues</td>
</tr>
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<td>3</td>
<td>4. When you think about the internal environment in your home how comfortable are you?</td>
<td>Well I just live in a newer structure and things can happen there too, but the risk is less. Whereas in an older environment water pipes, the electrical wiring, and things like that were subject to failure</td>
<td>Zach</td>
<td>Housing issues</td>
</tr>
<tr>
<td>3</td>
<td>4. When you think about the internal environment in your home how comfortable are you?</td>
<td>My home was built in 1890. But then again I have lived there the bulk of my life so I have corrected most of the situations enough to get me by what few years I have left</td>
<td></td>
<td>Appreciation of current home</td>
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<td>1</td>
<td>5. How do you feel about talking with your loved ones about items like your safety, wellbeing, end of life decisions?</td>
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<tr>
<td>Erica</td>
<td>Housing issues</td>
<td>Appreciation of current home</td>
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<td>Well, we built our home and I love our home. We have stairs in it, which may become an issue, but we have a downstairs bedroom, which does help. I feel very safe in our neighborhood. I just feel like if I were alone, there would be maintenance issues and I think we’re all pretty lucky. Financially, I think, we’re not in a place where it would be a big burden to hire someone to have that done. But, on the other hand, after a while things could become burdensome.</td>
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<tr>
<th>1</th>
<th>1. Have you ever considered moving to assisted living facility? Why?</th>
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<tr>
<td>Joe</td>
<td>Housing issues</td>
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<td>I don’t know maybe, it’s reality but I don’t think it’s an issue in our house. I would never have another house in a million years and that’s really the next step when you’re talking about your safety. Oh my god what do I do about it…</td>
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<th>3</th>
<th>2. When you think about living alone, how does that make you feel?</th>
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<tr>
<td>Ray</td>
<td>Housing issues</td>
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<tr>
<td>My daughters are in Indianapolis, so, whatever it takes. (In terms of staying in your home longer)</td>
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<th>1</th>
<th>4. When you think about the internal environment in your home how comfortable are you?</th>
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<tr>
<td>Diane</td>
<td>Housing issues</td>
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<td>I think I would choose to go to Westminster.</td>
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<th>1</th>
<th>4. When you think about the internal environment in your home how comfortable are you?</th>
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<tr>
<td>Erica</td>
<td>Housing issues</td>
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<tr>
<td>I would also</td>
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<td></td>
<td>How long have you lived in your home?</td>
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<td>1. How long have you lived in your home?</td>
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<td>1. How long have you lived in your home?</td>
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<td>2</td>
<td>1. How long have you lived in your home?</td>
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3. When you think about living alone, how does that make you feel?

I think another intermediate step is too. I’m in a home with a very large garden. That I love it, but I’m slowing down. I do less and less than I used to do from year to year. The next step would probably get someone to get rid of it, or mow my yard. That eliminates all that work, winter, spring, summer, fall...

3. When you think about changing your current living arrangements, such as going to an independent or assisted living facility or moving in with family, how does that make you feel?

I think what we need to do is looking into the possibility of them. I’ve researched six of them. I haven’t decided whether or not I’d want to do it at all or not. If I do, each one of them offers the option to move in on a temporary basis to try it; and I wouldn’t consider it otherwise.

3. When you think about the internal environment in your home how comfortable are you?

I would be very comfortable there. I’d get an apartment or an assisted living, whatever my capabilities.
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<th>Question</th>
<th>Response</th>
<th>Name</th>
<th>Housing Issues</th>
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<tbody>
<tr>
<td>2</td>
<td>1. How long have you lived in your home?</td>
<td>18 years</td>
<td>Jen</td>
<td>Housing Issues</td>
</tr>
<tr>
<td>3</td>
<td>1. How long have you lived in your home?</td>
<td>50 years, but I just recently transferred to an apartment, but I still have the house if you want to buy it.</td>
<td>Ray</td>
<td>Housing Issues</td>
</tr>
<tr>
<td>3</td>
<td>1. How long have you lived in your home?</td>
<td>Over 20 years</td>
<td>Cassie</td>
<td>Housing Issues</td>
</tr>
<tr>
<td>3</td>
<td>1. How long have you lived in your home?</td>
<td>Ten years</td>
<td>Jim</td>
<td>Housing Issues</td>
</tr>
<tr>
<td>3</td>
<td>1. How long have you lived in your home?</td>
<td>Since 1972</td>
<td>Diane</td>
<td>Housing Issues</td>
</tr>
<tr>
<td>3</td>
<td>1. How long have you lived in your home?</td>
<td>2006 I moved here</td>
<td>Mike</td>
<td>Housing Issues</td>
</tr>
<tr>
<td>3</td>
<td>1. How long have you lived in your home?</td>
<td>1972</td>
<td>Amy</td>
<td>Housing Issues</td>
</tr>
<tr>
<td>3</td>
<td>1. How long have you lived in your home?</td>
<td>15 years</td>
<td>Jean</td>
<td>Housing Issues</td>
</tr>
<tr>
<td>1</td>
<td>3. When you think about changing your current living arrangements, such as going to an independent or assisted living facility or moving in with family, how does that make you feel?</td>
<td>10 years</td>
<td>George</td>
<td>Housing Issues</td>
</tr>
<tr>
<td></td>
<td>Question</td>
<td>Duration</td>
<td>Name</td>
<td>Housing Issues</td>
</tr>
<tr>
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</tr>
<tr>
<td>1</td>
<td>3. When you think about changing your current living arrangements, such as going to an independent or assisted living facility or moving in with family, how does that make you feel?</td>
<td>13 years</td>
<td>Jack</td>
<td>Housing Issues</td>
</tr>
<tr>
<td>3</td>
<td>3. When you think about changing your current living arrangements, such as going to an independent or assisted living facility or moving in with family, how does that make you feel?</td>
<td>Two and a half years</td>
<td>Megan</td>
<td>Housing Issues</td>
</tr>
<tr>
<td>1</td>
<td>7. When you think about completing some of these tasks, how do you feel?</td>
<td>When I got my house four years ago, one of the things I said to my realtor was no basement, no upstairs, and it’s all on one floor and I like it. It makes it much easier to take care of. Actually, number one Gina, was that a basement becomes, “Oh, I’ll just put it there,” and it becomes a store-all and I don’t need to collect junk. When I moved, I came from a 2300 sq. feet home and I had to move all of that stuff myself. When I did that I just said, “Never again.” It’s nice to pare down as you get older.</td>
<td>George</td>
<td>Housing issues</td>
</tr>
</tbody>
</table>
3. When you think about completing some of these tasks, how do you feel?

I’ve been fortunate because we do have a lovely home and it has a feeling of serenity anywhere in the house or the yard. Anybody that’s been in my house or yard can feel it. As my health gets worse, I no longer do as much. Jack does all the wash now because I can’t go up and down the stairs to the basement. Now that he has taken over more I really don’t like that I can’t do as much in the house as I thought I would be able to. I feel comfortable there with Jack because he has taken over a lot and we do have a basement. He’d do a lot better without me than I could without him. Erica

Housing issues

1. Have you ever considered moving to an assisted living facility? Why?

Sometimes it’s just part of the day, like a normal routine. But some days it just gets in the way. And that’s not necessarily something else. I lose my place and have to start over sometimes. If I didn’t have tasks I could just sit down. Peter

Housing issues

3. What kind of information are you willing to have the people identified in the previous question monitor?

I agree with these comments about home ownership. Health and living is not my house, it’s my husband and my house. I think if we were to relocate I could have the values that you are all sharing again because I had them in the past and I would like to have them again. Amy

Housing issues

6. In terms of how strongly you feel about living in your own home as compared to going into assisted living, would that type of technology be an option or something you would consider if it meant staying in your own home longer?

Absolutely
2. When you think about living alone, how does that make you feel?  

I like the way that these places know that I’m a veteran. So I can get so much a month to help me do this. So I went to the DA to talk to them about it because I knew my dates were wrong, which there are. But he said why don’t you just move into the Indiana Veteran’s Home? It’s dirt cheap to live there, so I looked into it. It’s dirt cheap? It’s the most expensive one on the lot. It’s $277.16 daily.