



## **Survey of Teaneck NJ Residents 55 years & older**

The Teaneck as a Livable Community Coalition is interested in learning about the priorities, concerns, and needs of Teaneck residents age 55 or older. The goal of this project is to better understand how our community can help residents live healthy and active lives well into their later years.

This is an anonymous survey, so please do not write your name on the survey paper. The written information you give about yourself will only be used to describe the group. Please complete this survey if you are age 55 or over. One survey per person. More than one person in a household is welcome to complete the survey.

Please only take ONE survey per person.

Take a copy of the survey for your neighbor!

Supported by:

*The* **HENRY & MARILYN**  
**TAUB** *Foundation*



**GROTTA**  
FUND FOR SENIOR CARE

Thank you for participating in the *Teaneck as a Livable Community* Survey! Some information is needed to describe the overall characteristics of Teaneck's older adult community. Please complete this information sheet by checking box beside the answer that best describes you or by filling in the blank.

Demographic Information:

Age at last birthday: \_\_\_\_\_

Sex:  Female or  Male

Present Employment Status:  Retired  Work Full-time  Work Part-time

How would you rate your health these days?

- Excellent
- Very Good
- Good
- Fair
- Poor

Do you have any health problem that limits your ability to do your normal daily activities?  Yes or  No

What is the highest level of schooling you completed?

- Primary School
- Secondary School
- Some College
- College or University

Marital Status:

- Never Married
- Married
- Widowed
- Divorced

Ethnic Group (US Census Categories)

- |  |  |
|--|--|
| <input type="checkbox"/> White                               | <input type="checkbox"/> Hispanic or Latino Puerto Rican |
| <input type="checkbox"/> Black or African American           | <input type="checkbox"/> Hispanic or Latino Cuban        |
| <input type="checkbox"/> American Indian or Alaska Native    | <input type="checkbox"/> Hispanic Other                  |
| <input type="checkbox"/> Asian                               | <input type="checkbox"/> Other                           |
| <input type="checkbox"/> Native Hawaiian or Pacific Islander | _____  |
| <input type="checkbox"/> Hispanic or Latino Mexican          | _____  |

Household Income (US Census Categories)

- Less than \$10,000
- \$10,000-14,999
- \$15,000-24,999
- \$25,000-34,999
- \$35,000-49,999

Who lives in your home with you? (check all that apply)

- No-one else but me
- Spouse or partner (Number: \_\_\_\_\_)
- Children (Number: \_\_\_\_\_)
- Other relatives (Number: \_\_\_\_\_)
- Non-relatives (Number: \_\_\_\_\_)
- Other (explain: \_\_\_\_\_)

How long have you lived in Teaneck, New Jersey:

- Less than 5 years
- 5 -14 years
- 15 - 24 years
- 25 -34 years
- 35 -44 years
- 45 years or more

1. How do you respond to this statement: Teaneck is an excellent place to live as people grow older?

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

2. Please tell us three of the most positive things for you about living in Teaneck as you grow older:

3. Please tell us three of the most negative things for you about living in Teaneck as you grow older:

4. Your Residence:

- Own
- Rent
- Other (please describe) \_\_\_\_\_

Do you have a mortgage?

5. Is your home as it is today suitable if you were to develop physical limitations (examples – bedroom is on main floor, wheelchair-accessible doorways, manageable stairs)?

- Yes
- No
- Partially

6. Are you able to handle the maintenance needs of your home either by performing yourself or arranging for others to help?

- Yes, all
- Can handle most needs
- Can handle some but struggling with some
- No

7. Do you intend to stay in Teaneck as you age?

- Yes I would
- No I would not
- I already have downsized and remained in Teaneck
- I'm not sure

8. Have you considered leaving Teaneck?

- No
- Yes

Please explain your answer above.

9. What types of transportation do you use and how often?

<b>Type of Transportation</b>	<b>Daily</b>	<b>Weekly</b>	<b>Occasionally</b>
Drive my own personal vehicle			
NJ Transit Bus			
NJ Transit Train			
NJ Transit Access Link			
Bergen County Community Transportation for Seniors			
Taxi/Uber			
Ride from family, friend, or volunteer			
Other			
None			

10. Is there a need for more transportation options in your area of Teaneck?

- Yes
- No
- I don't know
- Not now but possibly in the future

11. If more transportation is needed, which of these would you use (check all that apply)?

- Extended senior bus days and hours
- Public buses closer to my home
- Public buses running more often
- Taxi/Care service (more availability)
- Local bus that runs a circuit through main areas of Teaneck
- Other \_\_\_\_\_

12. What would you personally use more transportation for?

- Health Care Appointments
- Shopping
- Entertainment
- Visiting Friends

13. Do you use the Richard Rodda Community Center?

- Yes
- No

14. If you use the Richard Rodda Community Center, what do you use it for?

15. If you do not use the Richard Rodda Community Center, are you familiar with its services?

- Yes
- No
- Somewhat

16. If you do not use the Richard Rodda Community Center, could you tell us why? (Check all that apply)

- I don't identify as a senior citizen
- Programs don't interest me
- Transportation is not available
- Programs are only scheduled during the day and I work
- The program fees are too expensive
- I am not aware of the programs and schedules
- I don't like the atmosphere in the space
- Other: \_\_\_\_\_

17. What resources are you aware of for older adults in Teaneck?

18. How do you typically learn about resources and services for older adults in Teaneck?

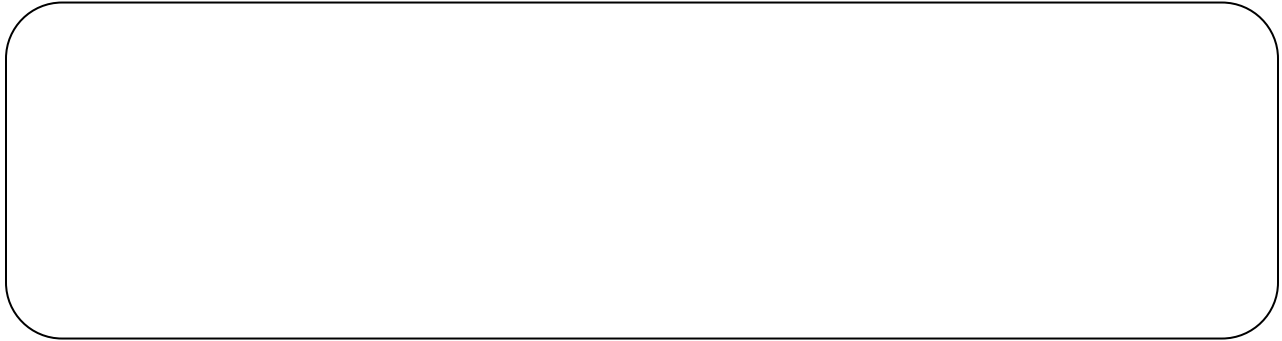
19. Do you know of any older adults in Teaneck who are isolated and/or homebound and could use assistance?

- Yes
- No

20. How many days a week on average do you do 30 minutes or more of physical activity, including walking? \_\_\_\_\_

21. What types of exercise do you enjoy doing or are you interested in trying?  
(for example, aerobics, self defense, social dance, yoga, etc.)

22. What would you do if you or someone you know began to have problems preparing meals, dressing, grooming, bathing, or eating independently?



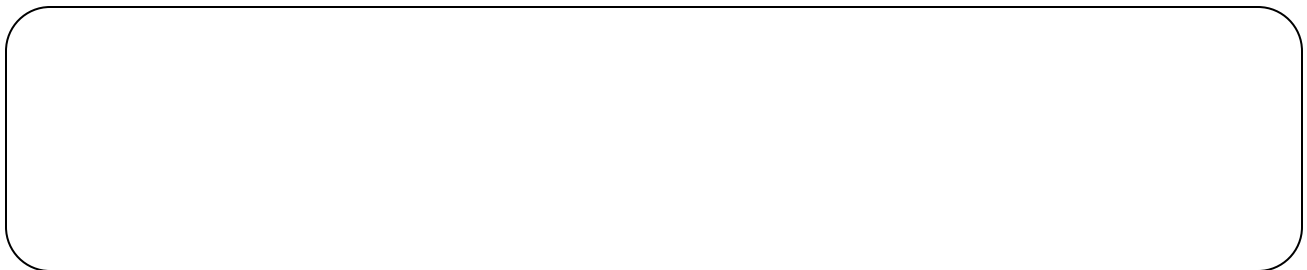
23. How important do you think it is that Teaneck as a community should reach out to homebound or isolated adults? (Check the number you choose)

- Very Important
- Somewhat Important
- Somewhat Unimportant
- Very Unimportant

24. To what extent do you think older residents are valued in Teaneck?

- Very Much
- Somewhat
- A Little Bit
- Not at all

Please explain your answer above.





25. When you think about the quality of your life over the next 10 years please rank the importance of these items to you (please circle one number for each category line).

1= Very Important

2= Somewhat Important

3= Somewhat Unimportant

4= Very Unimportant

Housing	1	2	3	4
Transportation Options	1	2	3	4
Walk-able Neighborhoods	1	2	3	4
Community Supports and Services (recreation activities, social groups, classes, general assistance)	1	2	3	4
Health and Medical Services	1	2	3	4
Other:	1	2	3	4

Please explain your answers to above:

**Thank You for Your Time!**

Please return the survey to where you picked it up or to the following locations:

**The Teaneck Public Library**

or

**The Richard Rodda Community Center**

If you have any questions or concerns, please contact Teaneck as a Livable Community, Project Coordinator Kevin Matthews at:  
(201)-357-0631 or [livablecommunity4teaneck@gmail.com](mailto:livablecommunity4teaneck@gmail.com).