Frailty and Physical Functioning
Native Urban Elders 55 Years and Older

Native Urban Elder Needs Assessment Survey (NUENAS 1.0)

Age

<table>
<thead>
<tr>
<th>Age</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ages 55-59</td>
<td>19.7%</td>
</tr>
<tr>
<td>Ages 60-69</td>
<td>52.9%</td>
</tr>
<tr>
<td>Ages 70-79</td>
<td>22.6%</td>
</tr>
<tr>
<td>Ages 80+</td>
<td>4.8%</td>
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</tbody>
</table>

Falls

52.8% of Elders had one or more falls.

36.9% reported that they injured themselves seriously enough to need medical treatment in at least one of their falls.

Difficulties with:

Activities of Daily Living

- Walking: 34.7%
- Bathing/Showering: 20.0%
- Getting in or out of Bed: 15.4%
- Dressing: 14.0%

Instrumental Activities of Daily Living

- Doing Heavy Housework: 42.7%
- Doing Light Housework: 19.9%
- Shopping for Personal Items: 18.6%
- Preparing Own Meals: 17.1%

Most Commonly Reported Exercises

- Walking: 62.1%
- Yard Work: 24.0%
- Gardening: 15.0%

Vision and Hearing

- Had trouble seeing, even when wearing corrective lenses: 38.3%
- Had trouble hearing, even when wearing a hearing aid: 19.8%

Special Equipment

31.2% of Elders reported having a health problem that required an assistive device such as a cane, wheelchair, special bed, or special phone.

Disability

39.8% of Elders reported being disabled. Among them, 37.9% were disabled due to chronic disease; 35.5% due to accident/injury; 5.6% congenital; and 5.9% due to military service.

Data analysis completed by the National Resource Center on Native American Aging