Frailty and Physical Functioning Among Native Elders
Cycle VIII Needs Assessment

**Age**

<table>
<thead>
<tr>
<th>Age</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ages 55-59</td>
<td>11.6%</td>
</tr>
<tr>
<td>Ages 60-69</td>
<td>44.0%</td>
</tr>
<tr>
<td>Ages 70-79</td>
<td>30.5%</td>
</tr>
<tr>
<td>Ages 80+</td>
<td>13.9%</td>
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</tbody>
</table>

**Falls**

- 52.6% of Elders had one or more falls.
- 33.3% reported that they had injured themselves seriously enough to need medical treatment in at least one of their falls.

**Difficulties With:**

### Activities of Daily Living

- Walking: 27.9%
- Bathing/Showering: 15.7%
- Getting in or Out of Bed: 12.3%
- Dressing: 10.7%

### Instrumental Activities of Daily Living

- Doing Heavy Housework: 34.2%
- Doing Light Housework: 16.0%
- Shopping for Personal Items: 14.9%
- Preparing Own Meals: 14.6%

**Most Commonly Reported Exercises**

- Walking: 53.0%
- Yard Work: 30.8%
- Gardening: 12.7%

**Vision and Hearing**

- 28.8% had trouble seeing, even when wearing corrective lenses.
- 18.9% had trouble hearing, even when wearing a hearing aid.

**Special Equipment**

- 31.0% of Elders reported having a health problem that required an assistive device such as a cane, wheelchair, special bed, or special phone.

**Disability**

- 29.0% of Elders reported being disabled. Among them, 36.4% were disabled due to a chronic disease; 28.8% due to accident/injury; 7.3% military service; and 4.4% congenital.