

Alzheimer's 101

Program Evaluation

Thank you for participating in Alzheimer's 101. As a participant, we value and appreciate your feedback. Please take a moment to answer the following questions.

	Strongly Agree	Agree	Neither Agree or Disagree	Disagree	Strongly Disagree
This program increased my understanding of the warning signs of Alzheimer's disease.					
This program taught me what to do if I recognize the signs of Alzheimer's disease in myself or a loved one.					
This program helped me to understand the benefits of early detection of Alzheimer's disease.					
This program taught me steps I can take to better my own brain health.					
I plan to take steps to better my own brain health.					

Please tell us what steps you will take to better your own brain health. Check the box if you plan to take action.

<input type="checkbox"/>	Prioritize exercise in my life.	<input type="checkbox"/>	Work to prevent head injuries and accidents.
<input type="checkbox"/>	Take a class or learn something new.	<input type="checkbox"/>	Challenge my brain with games, puzzles, or other activities.
<input type="checkbox"/>	Strive for a heart-healthy lifestyle.	<input type="checkbox"/>	Strive to get at least 7 hours of sleep each night.
<input type="checkbox"/>	Stay socially active with my friends and community.	<input type="checkbox"/>	Quit smoking or remain a non-smoker.
<input type="checkbox"/>	Eat a balanced and healthy diet.	<input type="checkbox"/>	Take care of my mental health.

Please tell us a little about yourself.

Age	Gender	Racial Identity	Ethnic Identity
_____years	<input type="checkbox"/> Female <input type="checkbox"/> Male	<input type="checkbox"/> American Indian/Alaskan Native <input type="checkbox"/> Asian <input type="checkbox"/> Black <input type="checkbox"/> Native Hawaiian/Pacific Islander <input type="checkbox"/> White <input type="checkbox"/> Mixed Race (more than 1 race) Other _____	<input type="checkbox"/> Latino/Hispanic <input type="checkbox"/> Not Latino/Hispanic

Please share any other comments you may have about this program on the back of this page.