

“A Day in the Life of A Filipino Senior Survey” Findings

This 2013 survey is designed to promote a better understanding of what is involved in the lives of Filipino older adults living in Chicago. AFIRE plans to utilize the survey to develop future programs and services to better serve the community.

Demographics:

- 67 respondents participated
- 17 were male and 46 were females
- 71% were from the younger-old population ages 55-75
- 25% live at home with their children
- 75% live independently in senior housing or their own unit/apartment.

Daily Activities:

Weekend Activities:

- 63% of respondents spend their weekends going to church
- 42% spend their time doing laundry/ironing
- 37% enjoy cleaning the house
- 32% enjoy going to the senior center
- 31% enjoy spending time with friends

Favorite Pastimes:

- 56% of respondents indicated that they enjoyed watching TV
- 39% enjoy cleaning the house
- 31% enjoy going to church
- 31% enjoy cooking
- 25% enjoy dancing

Immigration Issues:

- One respondent immigrated as early as 1961. Most of the respondents were distributed evenly among decades between 1970s to 2000s.
- 12 respondents (18%) were petitioned by their spouse.

- 14 respondents (21%) were petitioned by their children.
- 64% stated that they still have family in the Philippines.
- 69% are U.S. citizens. The common reason for not applying for citizenship was that respondents did not have the money to pay for the application fee. Another misconception is that applying for citizenship would affect the petition status for their relatives.
- 19 respondents want to return to the Philippines. The main reason is they would like to be with family.
- 16 respondents want remain in the U.S, mainly due to health reasons.
- 5 respondents intend to spend their time in both the Philippines and U.S

Health and Wellness:

- The most common health problems include arthritis (60%), hypertension (57%), and diabetes (40%).
- Many benefit from government programs such as Social Security, Supplemental Security Income, Medicare, and Medicaid.
- 49% get foods at a food pantry
- Employment is the most common struggle among respondents.
- Emotional struggles also include being bored, homesick, and lonely.

Quality of Life:

- A majority of respondents indicated their purpose in life was to serve God. Others indicated their purpose is to serve family and children.
- 51% of respondents indicate they are overall contented with their life. Six respondents are not contented. Ten did not reply to the question.