

## Age Friendliness: Ensuring Dignity and Independence for All

By telling us about your experiences, you are helping create a more age friendly community and supportive community. Please read each question and circle / tick the answer that most represents your views and experiences.

### A: Background

Q1. Gender: Male <sub>1</sub> Female <sub>2</sub>

Q2. Age: <50 <sub>1</sub> 51-59 <sub>2</sub> 60-69 <sub>3</sub> 70-79 <sub>4</sub> 80+ <sub>5</sub>

Q3a) How would you rate your physical health?

Poor <sub>1</sub> Fair <sub>2</sub> Unsure <sub>3</sub> Good <sub>4</sub> Very good <sub>5</sub>

Q3b) How would you rate your levels of happiness or well-being?

Poor <sub>1</sub> Fair <sub>2</sub> Unsure <sub>3</sub> Good <sub>4</sub> Very good <sub>5</sub>

Q3c) How often would you feel lonely?

Rarely <sub>1</sub> Sometimes <sub>2</sub> Often <sub>3</sub> Very Often <sub>4</sub>

Q4) To what extent do you know your neighbours

Very well <sub>1</sub> Quite well <sub>2</sub> Not well <sub>3</sub> Not at all <sub>4</sub>

Q4b) To what extent would you visit your neighbours

Very Often <sub>1</sub> Often <sub>2</sub> Sometimes <sub>3</sub> Rarely <sub>4</sub> Never <sub>5</sub>

Q5) How would you summarise your attitude towards the future in terms of ageing or growing older?

Very positive <sub>1</sub> Positive <sub>2</sub> Unsure <sub>3</sub> Negative <sub>4</sub> Very negative <sub>5</sub>

Q6) What form of transport do you use to get around (please tick all that apply)?

Public transport <sub>1</sub> Community transport <sub>2</sub> Walking <sub>3</sub> Driving <sub>4</sub> Taxi <sub>5</sub>  
Other:

Q7) How would you like to be kept informed about events or activities?

Web <sub>1</sub> Newsletter <sub>2</sub> Posters <sub>3</sub> Radio <sub>4</sub> Newspaper <sub>5</sub> Other:

### B) Age friendliness: to what extent would you rate your community as friendly and supportive (where higher scores reflect greater agreement with each item)

a) Generally my community is a supportive place to grow older 1 2 3 4 5

b) There are many events or activities that suit my interests. 1 2 3 4 5

c) There are many places of interest to visit, e.g. shops or parks.

1 2 3 4 5

d) There are not enough community supports to stay healthy and well, e.g. fitness classes for older people. 1 2 3 4 5

e) There are enough supports when out and about, e.g. toilets, railings or signs.

1 2 3 4 5

- f) It is difficult to get appointments when needed for my GP. 1 2 3 4 5
- g) The quality of healthcare is very good  
1 2 3 4 5
- h) Staff in shops are friendly and supportive  
1 2 3 4 5
- i) My life experience is valued in my community. 1 2 3 4 5
- j) I often feel bored with nothing to do 1 2 3 4 5
- k) I find that transport is very good in my area 1 2 3 4 5
- l) I would like more opportunities/supports to work or volunteer.  
1 2 3 4 5
- m) I feel informed about things that are important, e.g. events or supports that are available in the community, or health information. 1 2 3 4 5
- n) Staying or coping at home has become a really big concern.  
1 2 3 4 5
- o) I worry generally about managing financially.  
1 2 3 4 5

### **C) Volunteering**

**Q1) Please circle one of the following that best describes your experiences in relation to volunteering.**

1. I don't volunteer and would not consider this.
2. I don't volunteer but would consider it.
3. I volunteer informally – (e.g. shopping for a neighbour, cutting someone's grass, regularly giving someone a lift or even bringing someone's bin in.)
4. I volunteer formally, such as collecting for charity, helping in charity shops or working in the community for recognised charities
5. I volunteer both formally and informally.

### **D) Results and follow-up of findings**

**To get a copy of the findings, or to help us with further research, please give your contact details below; these details will be removed upon receipt.**

**Name:**

**Address / email / tel:**