

Ageing Well – Community Survey

We need your thoughts please

What do you think are the biggest issues for your community as the population ages?

Our communities are changing – we are ageing and living longer than ever before. In fact, Federation Council already has a population that is older than the NSW state average (27% compared with 16% over 65 years) and this is predicted to increase to 38% by 2036 (compared with NSW 21%).

Our changing communities bring both challenges and opportunities. In response, Federation Council is preparing an **Ageing Well Strategy** that will identify long term directions and priority services, infrastructure and projects for the next 4 years. **To do this, and get it right, we invite your help.**

The results from this survey will be added to literature and data reviews, service provider interviews, and focus group information and will be used to inform the Ageing Well Strategy 2018-2021.

The information you provide is voluntary and anonymous. Use of the information you provide will comply with the NSW Privacy Act and will only be used for developing and implementing the Ageing Well Strategy.

TO HAVE YOUR SAY...



Post to:
Federation Council – Ageing Well
PO Box 77, Corowa NSW 2646



Hand deliver to your local Ageing Well Ambassador OR Federation Council Office:
Corowa Civic Centre or Corowa Library -100 Edward Street
Howlong Library and Resource Centre - 59 Hawkins Street
Mulwala Library - 71 Melbourne Street
Urana Office - 30-32 William Street



Complete the survey online at:
www.federationcouncil.nsw.gov.au/community/seniors/ageing-well-community-survey

Surveys are to be submitted by close of business
Wednesday 7 February 2018.



To find out more about the project OR to register to stay informed:

www.federationcouncil.nsw.gov.au/community/seniors

or contact:

Deanne Drage, Project Consultant, 0407 785 972, Deanne.drage@federationcouncil.nsw.gov.au

ABOUT YOU

1. Your Age Group

- 50-54
 55-59
 60-64
 65-69
 70-74
 75-79
 80-84
 85+

2. Gender

- Male
 Female
 Other

3. Aboriginal or Torres Strait Islander descent?

- Yes
 No

4. Is English your first language?

- Yes
 No

5. Town / Village

- | | | | |
|--|--------------------------------|--------------------------------|---------------------------------|
| <input type="radio"/> Balldale | <input type="radio"/> Corowa | <input type="radio"/> Mulwala | <input type="radio"/> Rennie |
| <input type="radio"/> Boree Creek | <input type="radio"/> Daysdale | <input type="radio"/> Oaklands | <input type="radio"/> Savernake |
| <input type="radio"/> Buraja-Lowesdale | <input type="radio"/> Howlong | <input type="radio"/> Rand | <input type="radio"/> Urana |
| <input type="radio"/> Coreen | <input type="radio"/> Morundah | | |

6. How long have you lived in this town/village

- < 5 years
 5-10 years
 Over 10 years

7. Working Status

- Working Full Time
 Working Part Time
 Retired

8. Volunteer Status

- Nil
 Occasionally
 Regularly

9. Can the internet be accessed from your home?

- Yes, and I use it
 Yes, but I don't use it
 No

10. What best describes your living arrangements?

- I live on my own
 I live with my partner
 I live with others

ABOUT YOUR HEALTH

Your health is your number one most important asset. How would you rate your health and these risk factors?

11. How would you rate your overall physical health?

- Excellent
 Good
 Fair
 Poor

12. How would you rate your overall mental health?

- Excellent
 Good
 Fair
 Poor

13. In the last 12 months, were there any times that you ran out of food and couldn't afford to buy more?

- No
 Yes – once
 Yes - more than once

14. In the past 12 months, have you had a fall?

- Yes
 No

15. IF YES – did you require medical treatment?

- Yes
 No

16. Can you get help from friends, family or neighbours when you need it?

- Definitely
 Sometimes
 Not at all

17. How satisfied are you with feeling part of the community? Completely satisfied Satisfied Dissatisfied Completely dissatisfied

18. How respected do you feel? Very Fairly Slightly Not at all

19. How safe do you feel walking alone in public places in your community?

Very unsafe Unsafe Neither safe or unsafe Safe Very safe I don't walk alone

20. How safe do you feel in your home alone?

Very unsafe Unsafe Neither safe or unsafe Safe Very safe I am never alone

ABOUT AGE FRIENDLY COMMUNITIES

In this section we would like to understand how well your environment supports you to age well. The following questions are guided by the World Health Organisation's Age Friendly Cities Checklist

Please rate how well your community meets these statements and your needs as you age.

Outdoor Spaces and Buildings

21. An age-friendly community provides a pleasant, clean and safe environment with plenty of green spaces. Buildings and footpaths are easy to use (including wheelchairs and scooters), there are sufficient accessible public toilets and seating, suitable pedestrian crossings and adequate street lighting.

a. How important are these things to you? Very important Fairly Important Slightly Important Not at all important

b. How age-friendly are the outdoor spaces and buildings in your community? Very Fairly Slightly Not at all

Comments: _____

Transportation

22. An age-friendly community has sufficient, accessible, affordable, linked and safe public / community transport for all abilities. It has transport options, age-friendly driving conditions and appropriate parking and drop off points. Driver education and refresher courses are available locally.

a. How important are these things to you? Very important Fairly Important Slightly Important Not at all important

b. How age-friendly is transportation in your community? Very Fairly Slightly Not at all

Comments: _____

Housing

23. **An age-friendly community provides** sufficient, affordable, well-designed and safe housing options that are close to services and transport. It also has sufficient and affordable home maintenance, home modification and home support services to assist ageing in place.

- | | | | | |
|---|--------------------------------------|--|--|--|
| a. How important are these things to you? | <input type="radio"/> Very important | <input type="radio"/> Fairly Important | <input type="radio"/> Slightly Important | <input type="radio"/> Not at all important |
| b. How age-friendly is housing in your community? | <input type="radio"/> Very | <input type="radio"/> Fairly | <input type="radio"/> Slightly | <input type="radio"/> Not at all |

Comments: _____

Social Participation

24. **An age-friendly community supports** a range of accessible, affordable and appealing activities and encourages participation and inclusion of all age groups. It consistently reaches out to people at risk of social isolation.

- | | | | | |
|--|--------------------------------------|--|--|--|
| a. How important are these things to you? | <input type="radio"/> Very important | <input type="radio"/> Fairly Important | <input type="radio"/> Slightly Important | <input type="radio"/> Not at all important |
| b. How age-friendly is in your community in terms of social participation? | <input type="radio"/> Very | <input type="radio"/> Fairly | <input type="radio"/> Slightly | <input type="radio"/> Not at all |

Comments: _____

Respect and Social Inclusion

25. **An age-friendly community respects** older people, recognises them for their past and present contributions, ensures they are consulted about how to serve them better, ensures they are included in social activities. They are visible in the media and depicted positively without stereotypes.

- | | | | | |
|--|--------------------------------------|--|--|--|
| a. How important are these things to you? | <input type="radio"/> Very important | <input type="radio"/> Fairly Important | <input type="radio"/> Slightly Important | <input type="radio"/> Not at all important |
| b. How age-friendly is in your community in terms of respect and social inclusion? | <input type="radio"/> Very | <input type="radio"/> Fairly | <input type="radio"/> Slightly | <input type="radio"/> Not at all |

Comments: _____

Civic Participation and Employment

26. **An age-friendly community has** volunteer and employment opportunities and options available and encourage participation. Workplaces are adapted to accommodate disability needs and discrimination based on age is forbidden. Training in post-retirement options is provided for older workers.

- | | | | | |
|--|--------------------------------------|--|--|--|
| a. How important are these things to you? | <input type="radio"/> Very important | <input type="radio"/> Fairly Important | <input type="radio"/> Slightly Important | <input type="radio"/> Not at all important |
| b. How age-friendly is in your community in terms of civic participation and employment? | <input type="radio"/> Very | <input type="radio"/> Fairly | <input type="radio"/> Slightly | <input type="radio"/> Not at all |

Comments: _____

Communication and Information

27. An age-friendly community coordinates, makes available and distributes tailored information to meet the needs of older people. Person to person service is available for those who need it. There is public access to computers and internet at no or minimal charge.

- a. How important are these things to you? Very important Fairly Important Slightly Important Not at all important
- b. How age-friendly is in your community in terms of communication and information? Very Fairly Slightly Not at all

Comments: _____

Community and Health Services

28. An age-friendly community has a wide range of accessible and affordable health and community services that promote, maintain and restore health. Adequate home care and personal care services are available. Services are conveniently located, easily accessed and provided by staff trained to serve older people.

- a. How important are these things to you? Very important Fairly Important Slightly Important Not at all important
- b. How age-friendly are the community and health services in your community? Very Fairly Slightly Not at all

Comments: _____

THE BIG QUESTIONS

29. What are three things about your community that make it a great place to grow older?

- a) _____
- b) _____
- c) _____

30. What are the three most important things you would like changed to better support you to age well in the Federation Council area?

- a) _____
- b) _____
- c) _____

31. Do you have any other comments you'd like to share about Ageing Well in Federation?

Thank You Very Much