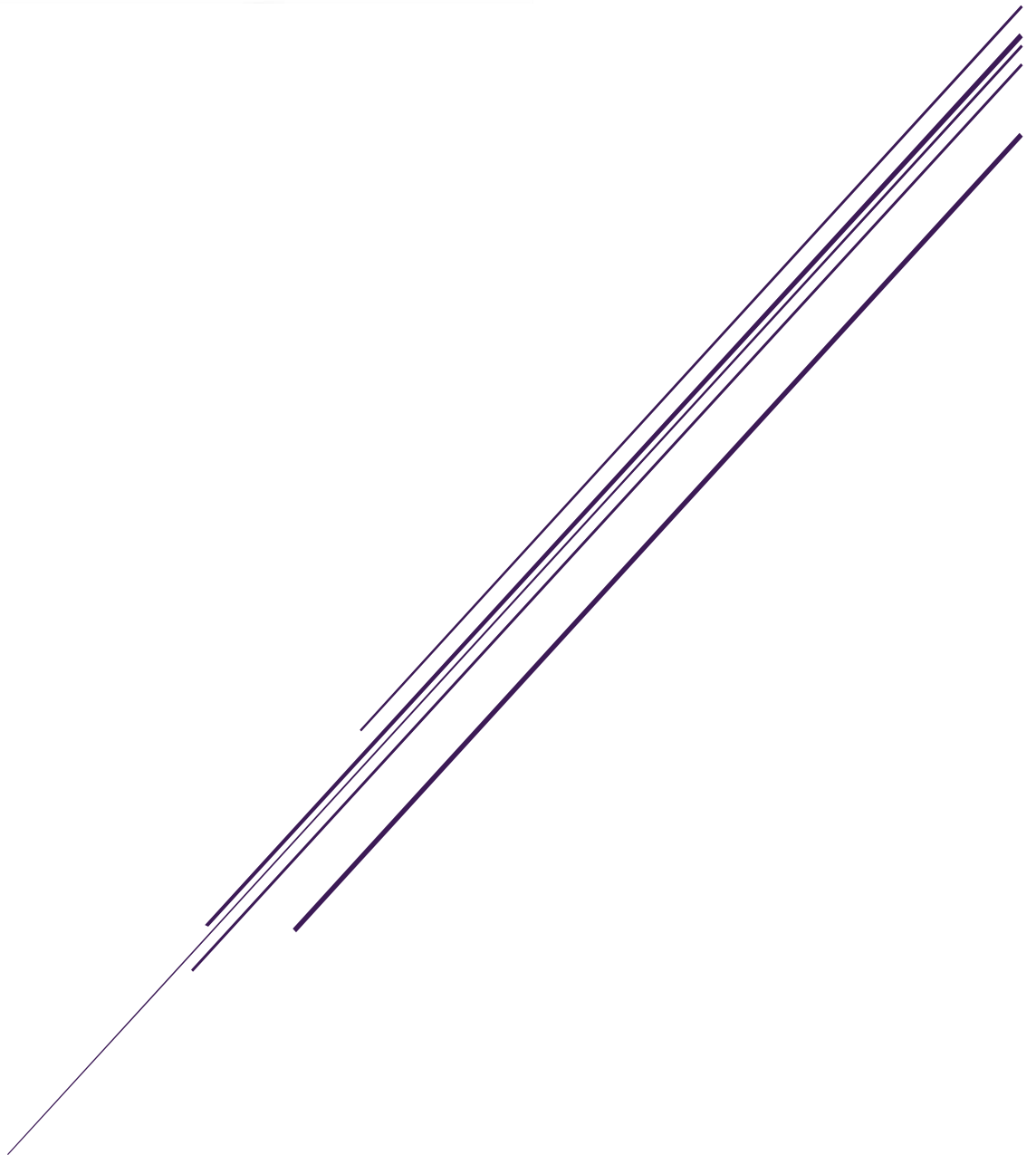


AGE FRIENDLY PROGRAMME

BASELINE QUESTIONNAIRE



**Causeway
Coast & Glens
Borough Council**



What is an Age Friendly Community?

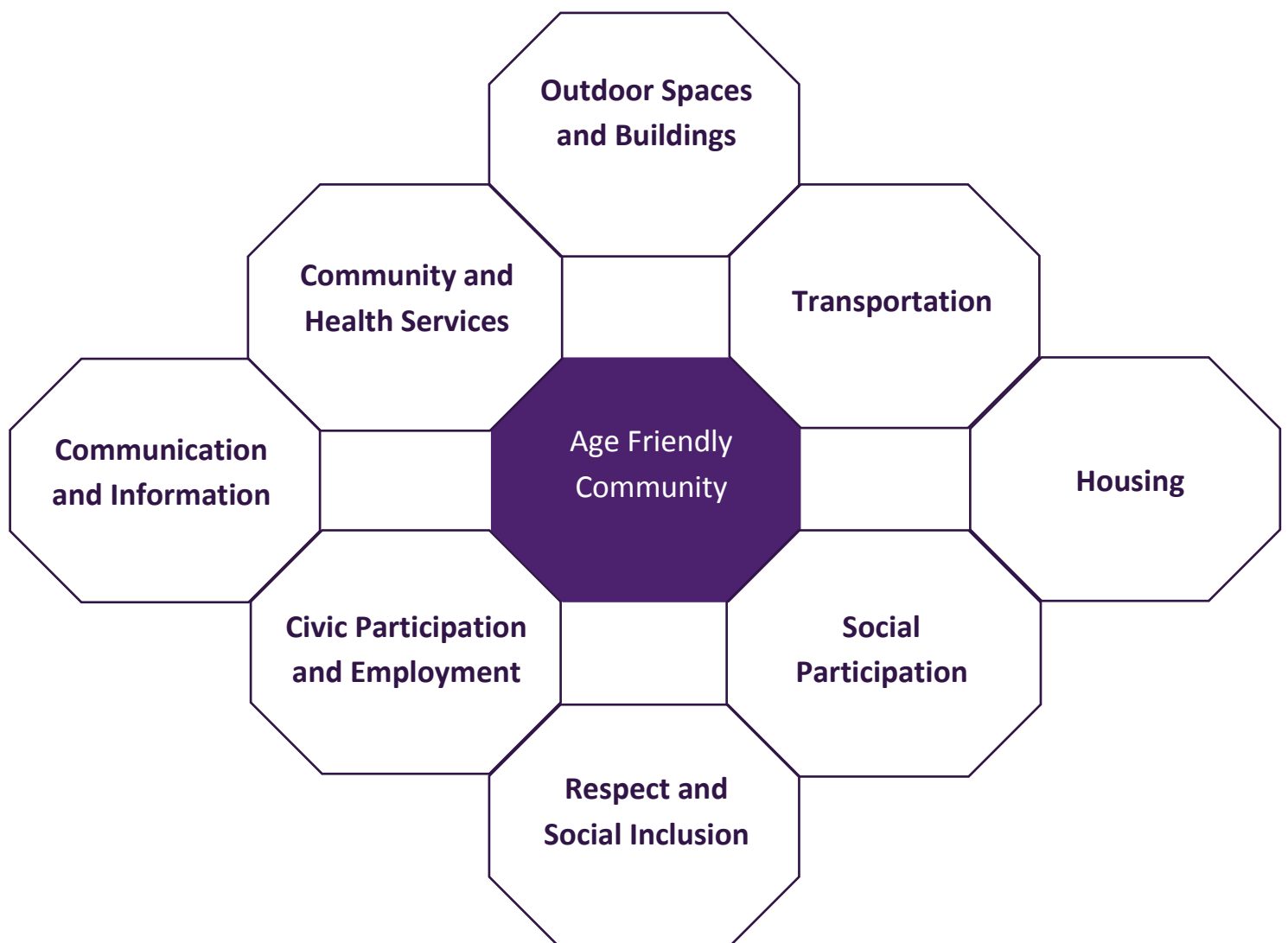
Older people face increasing challenges due to the changes that age brings. In an age-friendly community, policies, services and structures related to the physical and social environment are designed to support and enable older people to “age actively” – that is, to live in security, enjoy good health and continue to participate fully in society. Public and commercial settings and services are made accessible to accommodate varying levels of ability. Age-friendly service providers, public officials, community leaders and business people:

- recognise the great diversity among older persons,
- promote their inclusion and contribution in all areas of community life,
- respect their decisions and lifestyle choices, and
- anticipate and respond flexibly to aging-related needs and preferences.

Many aspects of settings and services can contribute to the participation, health, independence and security of older persons in an age friendly community. An age-friendly community benefits people of all ages. Becoming an age-friendly community is not a defined state or end point but rather a continuing journey towards adapting structures and processes to support the health and wellbeing of older people

An age-friendly community must:

- establish mechanisms to involve older people throughout the age-friendly process
- develop a baseline assessment of the age friendliness of the community under eight domains
- develop a 3-year community-wide action plan
- identify measurements to monitor progress against this plan



Causeway Coast and Glens Borough Council want to help improve the quality of life for older people living in the Borough, we want to learn about the issues you face and how you are managing with changes to everyday life. You can offer invaluable insights to key challenges and further engagement. We will use the survey below to assess the Borough in relation to the 8 themes outlined above. We appreciate you taking the time to complete this survey as the information gathered will highlight the priorities for addressing within the Borough's but, also, the related positive aspects of residing within the Causeway area and help shape the Age Friendly Community as outlined above.

The information gathered will be in the strictest confidence and will not be used for any other purposes.

Please Tick or Place X in the relevant box for each question

1. Are you male or female?	Male	Female
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2. In what Council area do you live?	
Town/ Village:	Postcode:

3. It is important for us to understand the issues for people of different ages, which of the following groups includes your age?

55 to 59	60 to 64	65 to 74	75 to 84	85 +
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4. How is your health in general the past year?

Excellent	Very Good	Good	Fair	Poor
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For the following statements could you please tell me whether you agree or disagree with them? You also have the option to answer don't know or not applicable, if needed or give further comments.

5.Outdoor Spaces & Buildings	Agree	Disagree	Don't Know	N/A
I do not leave the house				

I enjoy walking outdoors and I exercise regularly				
There are enough public safe places to walk and meet family outside while social distancing				
Outdoor safety is promoted well Footpaths/ Cycle lines/ Lights etc				
Business/ shop premises feel safe to visit				
Doctors/ Hospitals feel safe to visit				
There are enough toilets/ seating areas in the outside areas I visit				
<i>Note any comments or strongly expressed on this topic:</i>				
<i>Solutions and Ideas expressed</i>				
6.Transportation	Agree	Disagree	Don't Know	N/A
I drive and use my own car to get out and about				
My family/ friends help me with transport				
I use public transport to meet friends, visit doctors, social activities, church, parks, museums, shopping, volunteer etc				
There is enough information on Public Transport changes/ alterations				
I feel safe to travel on Public transport				

Shelters/ Timetable/ Waiting area/ Drivers/Seats/ Location/ Accessibility and Route choices are adequate				
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Note any comments or strongly expressed feelings on this topic:

Solutions and Ideas expressed:

7.Housing	Agree	Disagree	Don't Know	N/A
I live alone				
I live with family/ friend / lodger				
I live in sheltered accommodation / shared community housing/ fold				
My home is safe and adequate / adapted for my needs				
I 'am aware of the support services available for any home maintenance or adaptations required				
There are sufficient and affordable home maintenance support services available for any adaptions required				
I have mobility aids: (Please state) (Walking stick, Zimmer frame, Wheelchair, Mobility Scooter etc)				

I have improved the energy efficiency of my house to reduce my fuel bills (Please tick or highlight with X all those that apply)

Loft insulation

Double glazing

Hot water cylinder jacket

Draught proofing

Cavity wall insulation

Solid wall insulation

Replaced boilers in last 10 years

Renewable energy installation

Other (please specify):

I have improved my safety in my home: (Please tick or highlight with X all those that apply)

Locking doors and windows of house

House alarm

Home safety equipment e.g. handrails

Neighbourhood Watch

Smoke alarm

Carbon monoxide alarm

Other (please specify)

Note any comments or strongly expressed feelings on this topic:

Solutions and Ideas expressed:

8. Social Participation	Agree	Disagree	Don't Know	N/A
I belong to a group and very well engaged in my community				
<p>I regularly take part in activities: (Please tick or highlight with X all those that apply)</p> <p>Church group (s)</p> <p>Community Organisation (s)</p> <p>Specialist/ Hobby group (s)</p> <p>Family visits</p> <p>Appointments e.g. Doctors</p> <p>Public events</p> <p>Visits to parks, museums etc</p> <p>Other (please specify)</p>				
There is a wide variety of activities are available to appeal to a diverse population of older people to come out safely				
Venues for events and activities are accessible, well promoted and well organised with transport options provided				
We have community organisations and activities – encouraging safe participation of people at different ages and cultural backgrounds				
Arts and culture programmes are accessible and affordable				
<p>I do not take part in social activities and there are barriers preventing me from doing so: (Please tick or highlight with X all those that apply)</p> <p>Too expensive</p> <p>Don't know anyone</p> <p>Poor health/ health issue</p> <p>Feel embarrassed/anxious</p>				

<p>Not interested/ like my own company</p> <p>No way of getting transport/too far</p> <p>Not able to leave the house</p> <p>Other (please specify):</p>				
<p>I have good contact and visitors/ family who come to my home regularly</p>				
<p>I feel lonely</p>				
<p>I feel isolated and disconnected from my community</p>				
<p><i>Note any comments or strongly expressed feelings on this topic:</i></p>				
<p><i>Solutions and Ideas expressed:</i></p>				
<p>9. Respect and social inclusion</p>	<p>Agree</p>	<p>Disagree</p>	<p>Don't Know</p>	<p>N/A</p>
<p>Do you think your area is welcoming to: (Please tick or highlight with X all those that apply)</p> <p>Children (0-11)</p> <p>Young people (12-30)</p> <p>Ethnic minorities</p> <p>People living with dementia</p> <p>People with disabilities</p> <p>People with poor mental health</p>				

Other (please specify):				
Older people are consulted by public, voluntary and private organisations on ways to serve them better?				
Facilities have helpful and courteous staff trained to respond to older people?				
Older people are portrayed in a positive manner?				
Activities that bring generations together for mutual enjoyment and enrichment are regularly planned and held?				
<i>Note any comments or strongly expressed feelings on this topic:</i>				
<i>Solutions and Ideas expressed:</i>				
	Agree	Disagree	Don't Know	N/A
10.Civic participation and employment				
I take part in civic activities that benefit the community (charity, community, church, forums, U3A etc)				
I feel valued and I have a purpose in life				
I am connected to a local forum / age sector network to voice my views and local decisions				
I have time and can make a difference				
I used to volunteer but I am reluctant now because of my safety during the pandemic				
I would volunteer if I felt safe, supported and parking/ petrol was reimbursed				

<p>There is good employment support available for older workers?</p>				
<p>Retraining opportunities, such as training in new technologies, is available to older people</p>				
<p>I feel connected / heard</p> <p>If not why: (Please tick or highlight with X all those that apply)</p> <p>Politicians don't listen/ask</p> <p>It is all online and I can't access</p> <p>Public bodies don't listen/ask</p> <p>Never hear about consultations</p> <p>Other people talk louder</p> <p>Don't know how to engage</p> <p>Other (please specify):</p>				
<p>I am interested in: (Please tick or highlight with X all those that apply)</p> <p>Joining an Over 50s Council (Voluntary group who aim to improve the quality of life for residents over the age of 50, promotion of age friendly communities and activities)</p> <p>Community gardening</p> <p>Intergenerational activities</p> <p>Passing on skills and knowledge</p> <p>Community committees</p> <p>Church committees</p> <p>Local initiatives e.g. farmers market</p> <p>Managing historical/heritage sites</p> <p>Helping to run local events</p> <p>Guiding for tourists</p> <p>Other (please specify):</p>				

Note any comments or strongly expressed feelings on this topic:

Solutions and Ideas expressed:

11. Communication and Information	Agree	Disagree	Don't Know	N/A
I use my local community facility for information on services				
There is an effective communication system that reaches community residents				
A coordinated group approach to signposting to services is needed				
I have access to the internet				

Note any comments or strongly expressed feelings on this topic:

Which of the following communication methods help you find out about:

- a. **Public Services (e.g. bin collections, housing, buses, health care etc)?**
- b. **Activities (e.g. public events, community events, activities classes etc)?**

Please tick or mark with X all that apply

Communication Method	Public Service	Activities
An organisations website		
Organisations social media (Facebook, Twitter etc)		
A notice board		
Leaflet through the door		
The Council magazine		
An advert in the paper		

<i>At a public meeting</i>		
<i>E-mail or letter</i>		
<i>Audio recording / braille publication</i>		
<i>Other (please specify)</i>		

12. Community and Health Services	Agree	Disagree	Don't Know	N/A
Within the last 3 months, I have taken steps to improve my health and wellbeing				
I take good care of myself and rate my health and well-being as good				
I eat well and have nutritional meals				
An adequate range of health and community support services is offered for promoting, maintaining and restoring my health				
Health and social services are conveniently located and accessible by all means of transport				
Health and community service facilities are safe and fully accessible for older people				
Community COVID-19 emergency planning takes into account the vulnerabilities and capacities of older people				
I have suffered loss/ bereavement				
I am prepared if I have a health crisis and know who to contact if I need help				

Note any comments or strongly expressed feelings on this topic:

Solutions and Ideas expressed:

13. Covid – 19	Agree	Disagree	Don't Know	N/A
I know what the symptoms of Covid-19 are				
I know how to book a test should I display the symptoms of Covid-19				
I know where to find updates and new information in relation to Covid-19				
I know what the current Covid-19 regulations are in Northern Ireland				
I feel confident to leave the house for shopping, appointments and general day to day duties				
I feel anxious, lonely or depressed during the current Covid pandemic				
I understand what services are available throughout the Borough and my community should I need assistance during this period				
I have assistance with regards shopping etc from a family member or carer				
Can you tell me what you think your town/village does best for older people?				
What priority areas needs better attention over the next 12 months?				

14. Pensioners Parliament

The Pensioners' Parliament has been running since 2011 and it allows older people from across Northern Ireland to have their say on the issues that matter to them. It is valued by many older people, providing opportunities for issues to be raised and discussed with political representatives, decision and policy makers. Following the decision by Age Sector Platform to close, Age NI was approached and agreed to take forward the Pensioners Parliament and has started planning for an event in 2021 and has asked us to find out local interest in this.

What do you think are the top 4 most important issues for older people today?

1.

2.

3.

4.

Are you interested in attending a local Question Time and a regional Pensioners Parliament in 2021 (please circle)

Local Question Time
Yes / No

Regional
Parliament
Yes / No

If yes, would you prefer this to be (please circle)

In
Person Virtual/
Zoom etc

Mixture
of both

If yes, Do you allow us to give your contact details to Age NI to follow up on this?(please circle)

Yes

No



**Causeway
Coast & Glens
Borough Council**



**Public Health
Agency**

If you would like more info on please enter your details below, Details are not shared without consent and are kept secure.

Name:

Address:

Postcode:

Mobile:

Email:

Would you like further mailing on information in your area? Yes / No

If you would like to find out more information:

Contact your Age Friendly Coordinator: Jonathan McFadden

Telephone: 07517 995578

Email: age.friendly@causewaycoastandglens.gov.uk

Completed forms can be emailed to the address above or posted to

Age Friendly Programme
Sport and Wellbeing Development Unit
Causeway Coast and Glens Borough Council
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Coleraine
BT52 1EY