

Results of the 2013 Survey of Kapiti Mature Residents

February 2014



Kapiti Coast Assn



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Survey summary

Why carry out a survey?

- Grey Power Kapiti, Age Concern, and the Kapiti Older Persons Council are interested in the issues relevant to those over 50 in Kapiti. This survey was undertaken to identify areas of need for mature residents in Kapiti and help these organisations to better represent mature residents needs and interests.

How was the survey carried out?

- The survey and this report were based on those conducted by Upper Hutt City Council Community Services in 2012. That report is available on the Upper Hutt City Council website.
- The survey was conducted during June and July 2013. It was open to anyone over 50 living in Kapiti. All feedback included here is completely confidential: no one who responded can be personally identified in this report.
- The survey was completed in writing on a printed survey form and could be returned in person or by post. There was an incentive to complete the survey – a draw to win one prize of \$100 or four prizes of \$50.
- 5,000 surveys were printed and distributed with the Kapiti Grey Power newsletter or made available at Kapiti Grey Power office, public libraries, Kapiti Coast District Council, and various retirement homes. The survey was advertised in local community newspapers, in the Grey Power newsletter, and on “Beach Radio”.
- 1198 survey forms were completed and returned (a 24% return rate). The number of completed surveys equates to around 5% of the total population of those over 50 living in Kapiti.
- Due to the type of sampling used, we cannot assume that the results represent the wider population of those over 50 residing in Kapiti. However, the results can be seen as indicative of the experiences of the over 50s population.

What were the findings of the survey?

Safety

- Survey respondents generally felt safe at home, using their chosen forms of transport, and in public.
- 63% of respondents feel safe at home *all the time*, while 36% feel safe at home *most of the time*. Only 1% feels safe *some of the time*. No-one answered *rarely/never*.
- 38% of respondents feel safe in public *all the time*, with another 59% feeling safe *most of the time*. Less than 2% reported feeling safe only *some of the time* or *rarely/never*.
- 59% of respondents feel safe *all the time* with the forms of transport they use. 40% feel safe *most of the time*. Under 2% feel safe only *some of the time* or *rarely/never*.

Wellbeing

- Most respondents reported feeling healthy and happy. However, around 25% have experienced some form of abuse, intimidation or victimisation in the last year.

- 13% of respondents described their general health as *excellent*, 45% as *very good*, 29% as *good*, 11% as *fair* and 2% as *poor*.
- 41% of respondents report being *very happy* with their life and 55% as *satisfied*, with 3% *not very happy* and less than 1% *not happy at all*.
- 99% of respondents said they were able to get to all their medical appointments. Poor health and transport difficulties were the leading barriers for those who could not make it to all their medical appointments.
- 27% of respondents reported that a disability or chronic illness stops them from participating fully in work, housework, or daily activity.
- The factors that would help those with a disability or chronic illness to stay in their home were: help with household tasks (42%); equipment (15%); help with personal care (13%); visits (12%); and advice for those they live with (7%).
- Around one-quarter of respondents had experienced either: computer scam, age discrimination, financial abuse, pressure to give financial or non-financial assistance, intimidation or harassment by a sales or service person, intimidation or violence in a public place by a stranger, being a victim of crime, or family violence.
- Crime and anti-social behaviour was ranked as the number one concern overall for older people in Kapiti. Decreasing personal independence and poor health followed as the next most highly rated concerns.
- There was a wide range of knowledge about where to get advice on different topics. Health came out on top with 78% of people knowing where to get advice on health issues. Around 50% knew where to go for information on transport, social activities and exercise. However only 25% know where to get advice on elder abuse, depression, housing and substance abuse.

Economic security

- 72% of respondents are retired and 10% still work (around 10% of the sample is under 65). 16% volunteer, 1% is looking for work and 1% is studying.
- 77% of respondents over 65 years of age have income other than superannuation: mainly savings or investments.
- 18% of participants rated their standard of living as *high*, 78% as *average* and 4% as *low*.
- 66% of respondents were *very confident* or *somewhat confident* that they have enough income and accumulated savings to live comfortably during retirement. 33% were *not too confident* or *not confident at all*. Confidence generally increases with age. Only 44% of the under 65s were *very confident* or *somewhat confident* compared with 79% of the over 80 group.
- 37% of respondents have gone without at least one of thirteen “basic” activities, products or services due to a lack of money.

Community

- The vast majority of respondents get out and about as much as they wish. Most are in regular social contact with friends, family and groups, and feel respected in the community.
- 85% of respondents said they are able to get out and about socially as much as they want. The remaining 15% stated that poor health and transport are the key barriers to getting out.

- 98% of respondents said that they are able to get out and about for their daily living needs, such as grocery shopping. The remaining 2% stated that poor health and transport are the key barriers to getting out.
- 37% of respondents spend less than three hours alone per day. 28% spend less than 7 hours per day alone. However, 10% spend 12 or more hours alone each day.
- 31% of respondents are in touch with close friends or family every day. 49% are in touch at least weekly and 12% at least every two weeks. 5% are in contact at least once a month, and 3% less than once a month.
- 95% of people use a landline, 63% email, 50% mobile phones, 42% post, 24% Skype and 13% Facebook.
- 14% of respondents do not belong to any clubs or social organisations. Just under half belong to either one or two. Around one third belong to 3 or 4. 10% belong to 5 or more clubs or organisations.
- 32% know their neighbours very well, 41% well, 17% somewhat, while 11% do not know their neighbours well. Just over half of the respondents (54%) said they get help from their neighbours, while just under half (46%) do not.
- There is a small group of respondents who are more likely to experience poor health, have a disability or illness, and feel unhappy. They are more likely to have been victimised or intimidated. They are also less confident about their financial security and they generally have a lower standard of living. They are more likely to have gone without the “basics” due to a lack of money. They are less likely to get out socially as much as they want to, spend more time alone, and have less contact with friends and family. This group would seem to contain our most vulnerable mature residents, and those requiring the greatest support and assistance.

What will happen as a consequence of the survey?

The survey will be used to identify what makes Kapiti a healthy and safe place and determine areas of need for mature residents. Along with other feedback and information, the findings will contribute to:

- Discussions with other agencies, community groups, local and central government to identify opportunities to respond to the issues raised.
- Advocating for mature residents on matters of concern, such as the small group of mature residents affected by poor health, social isolation, poverty, and victimisation.
- Helping organisations working with mature residents to better address their needs and interests.
- Identifying areas of focus for the agencies that sponsored this survey.
- Providing a basis for comparison in future surveys, allowing the identification of changes in views and issues over time.

1. Why carry out a survey?

Grey Power Kapiti, Age Concern, and the Kapiti Older Persons Council are interested in the issues relevant to those over 50 in Kapiti. This survey was undertaken to identify areas of need for mature residents in Kapiti and help these organisations to better represent mature residents needs and interests.

This is the first large-scale survey carried specifically focusing on mature residents in Kapiti. The survey aims to look at older people's health and wellbeing and identify specific areas of need within the community. The information from this survey will provide a basis for comparison in future surveys, allowing the identification of changes in views and issues over time.

The survey and this report were based on those conducted by Upper Hutt City Council Community Services in 2012. That report is available on the Upper Hutt City Council website.

Grey Power Kapiti, Age Concern, the Older Persons Council, and the Red Cross will use the results from this survey to advocate for the needs of mature residents in Kapiti. It will provide a solid base for working with local and central government, and other community organisations to ensure that Kapiti remains a great place for mature residents to live, work and play.

2. How was the survey carried out?

The survey questionnaire was based on the Upper Hutt City Council 2012 survey. A few changes were made to reflect the different community and groups involved.

The survey was conducted during June and July 2013. It was open to anyone over 50 living in Kapiti. The survey was completed in writing on a printed survey form and could be returned via drop-off boxes at the local library and Council offices or by post or in person to Grey Power Kapiti. There was an incentive to complete the survey – a draw to win one prize of \$100 or four prizes of \$50.

While people could choose to fill in their name and telephone number on their survey form, the feedback is completely confidential: no one who responded can be personally identified in this report.

2.1 Population sampling

Sampling is the use of a subset of the population to represent the whole population. In this case our "population" is those over 50 residing in the Kapiti Coast District.

Probability sampling is a method where every person in the population has a chance of being selected, and this probability can be accurately determined. Results can therefore be generalised to the entire population. Probability sampling is, however, very expensive and time consuming.

This survey has instead used nonprobability sampling. This method is cheaper and easier to implement than probability sampling. With nonprobability samples, we may or may not represent the population well, and it will often be hard for us to know how well we have done so. Therefore, the results of the research cannot be generalised to the entire population.

In this case, our sample was limited to those who were provided with a survey, or happened to come across one at a venue where they were made available. Not everyone over 50 living in Kapiti had an equal chance of participating in the survey. Consequently, we cannot assume that the results represent the views and concerns of the wider population of those over 50 residing in Kapiti. However, the results can be seen as indicative of the experiences of the over 50s population.

2.2 Survey distribution and returns

5,000 surveys were printed. Surveys were distributed with the Kapiti Grey Power newsletter and also made available at:

- Kapiti Grey Power office
- Public libraries in Kapiti
- Kapiti Coast District Council's main service desk
- Metlife, Rimu, Summerset, Seven Oaks and Parkwood retirement homes.

The survey was advertised in local community newspapers, in the Grey Power newsletter and on "Beach Radio", a local radio station.

Surveys were made available from 7th June 2013 with the closing date for completed surveys of 31st July 2013.

Of the 5,000 surveys printed and made available, 1198 were completed and returned (24% return rate). 685 were returned to the Kapiti Grey Power office in person or by post. Most of the remainder were returned to drop boxes at the public libraries and the Kapiti Coast District Council's main service desk.

According to the most recent census in 2013, the population of Kapiti over 50 was 22,377 (9,951 in the 50-64 age group and 12,426 in the 65+ group). The 1198 respondents to the survey equates to around 5% of the total population of those over 50 living in Kapiti.

2.3 Data entry and analysis

Survey responses were manually entered into an excel spreadsheet, with separate columns for each of the questions asked in the survey.

Open responses – those in which respondents were free to write their own responses – were coded in order to group responses where possible. A coding system was developed based on a sample of responses. Open responses were then manually coded and the codes entered on a spread sheet containing the responses. Coded responses were then grouped to identify common themes. Excel was used to undertake data analysis; such as analysing responses by age or gender.

Data entry, data analysis, and the writing of this report were undertaken by professionals with experience in these areas.

3. What were the findings of the survey?

3.1 Respondents: who answered the survey?

The questionnaire asked respondents to identify their gender, suburb, age bracket, and ethnicity. The make-up of the respondents is set out below.

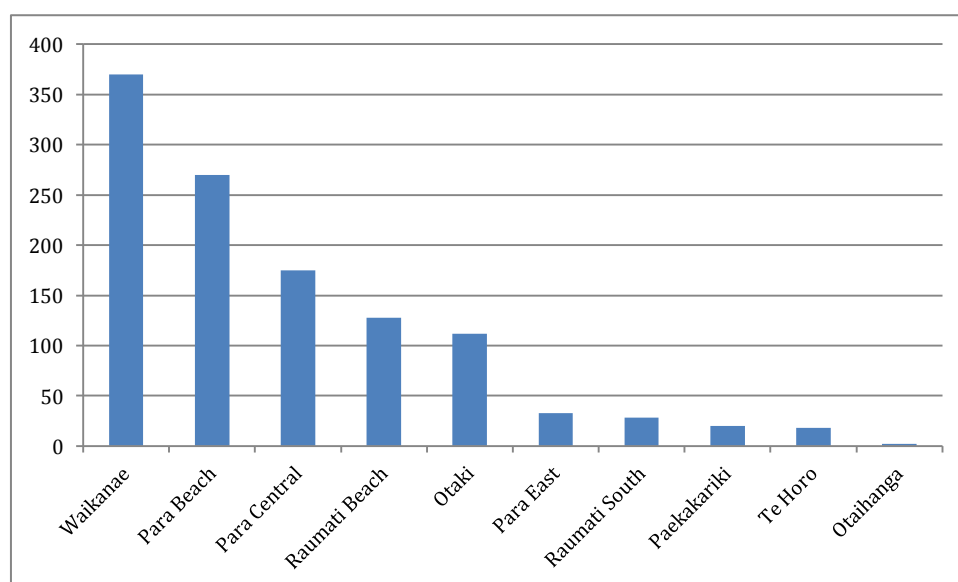
Gender

According to the 2012 Census 55% of the 50+ age group in Kapiti are female and 45% male¹. In comparison, 61% of our survey respondents were female, while only 39% were male. Consequently, females are over-represented in survey respondents relative to the general population of those over 50 in Kapiti.

Suburb

Respondents live right across Kapiti; however a large majority are from Waikanae and the various suburbs of Paraparaumu.

Figure 1: Respondents by suburb

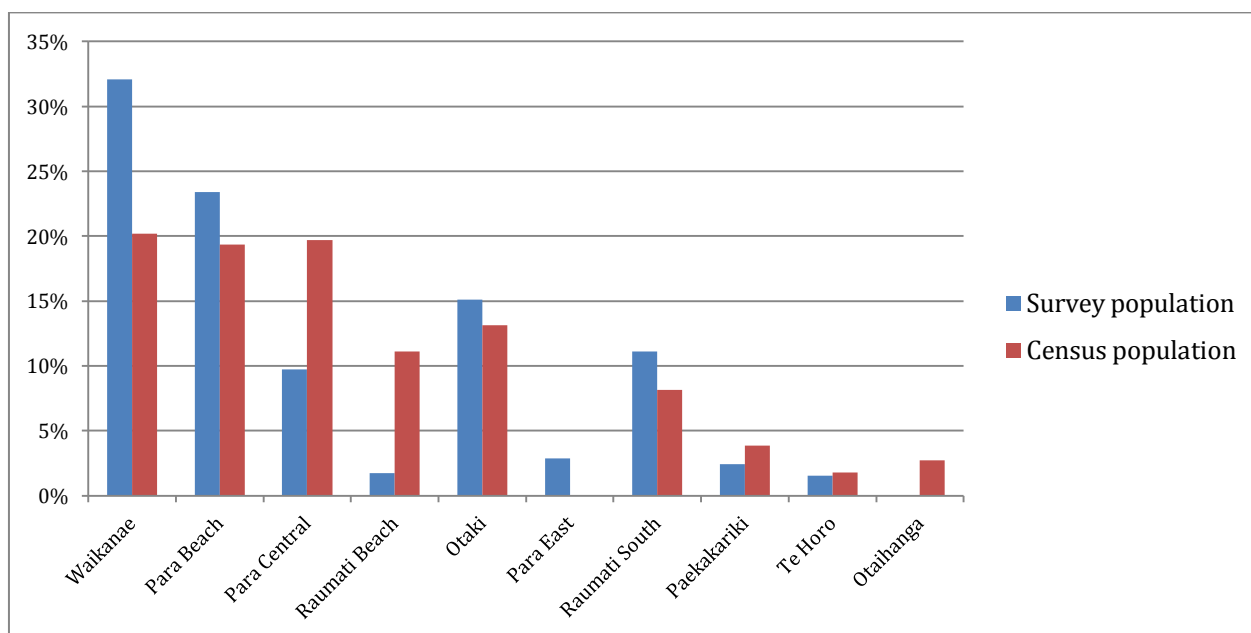


The 2013 Census groups the communities slightly differently to the groupings used in the survey, however, it is still possible to make some comparisons between respondents and the general population of Kapiti District. The mix of respondents from across the Kapiti District's different communities generally reflects the actual population make-up of the District, but with some important differences.

The graph below shows the proportion of survey respondents from each of the communities in blue, compared with the proportion of the census night population for each community in red. This shows that residents from Waikanae are over-represented, while those from Raumati Beach and Otaihanga are under-represented.

¹ According to the 2012 Census, females made up 53% of the 50-64 age groups in the Kapiti District, and 56% of the 65+ groups.

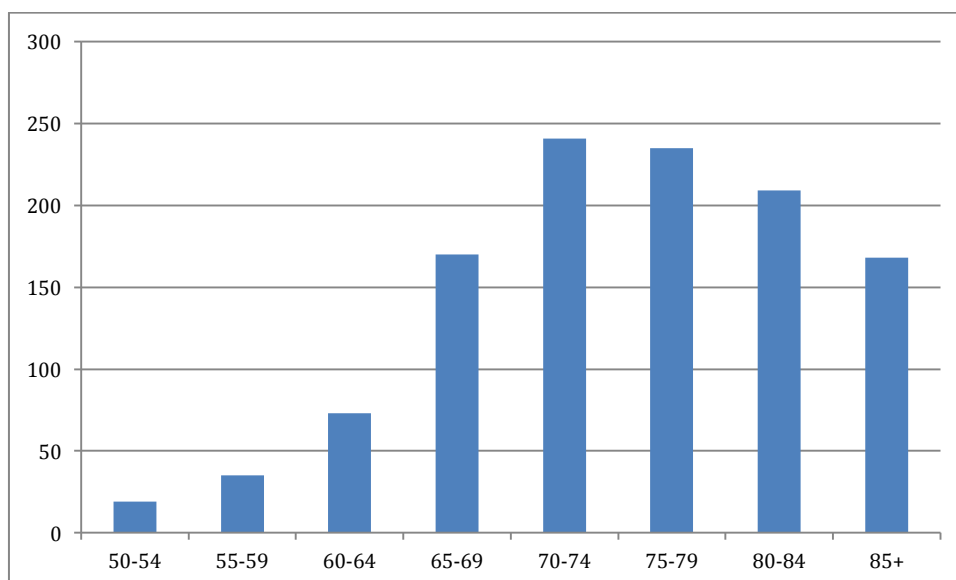
Figure 2: Survey respondents by suburb compared with census count



Age

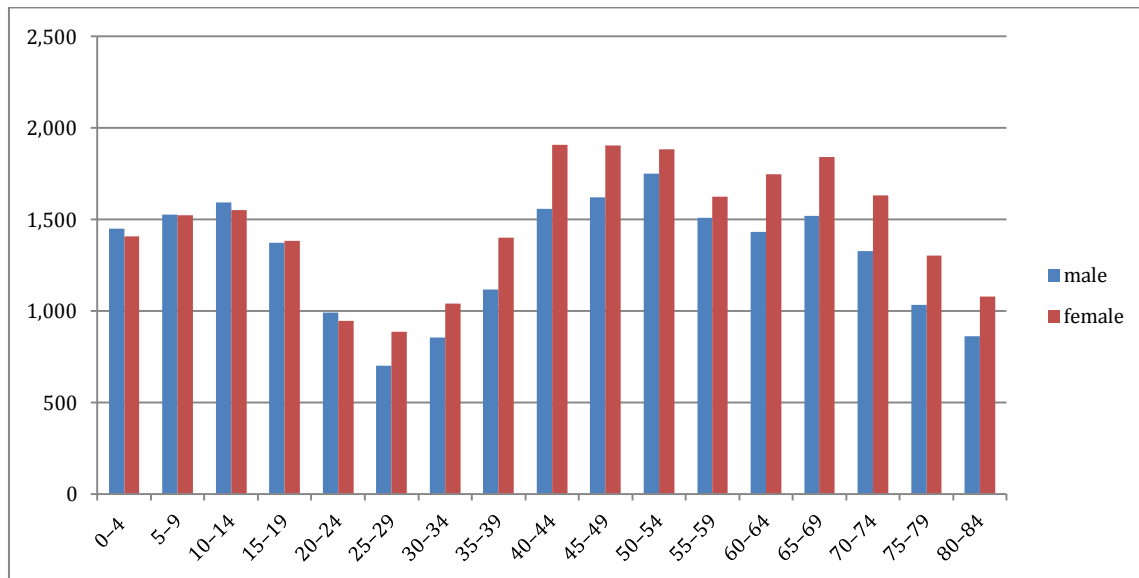
Three-quarters of the survey respondents are aged 70 and over. The 70-74 year age group is the largest in the sample (21%), followed closely by those 75-79 (20%). One quarter of respondents are aged between 50 and 69 years. Only 11% are between 50 and 64 years of age.

Figure 3: Respondents by age



Our survey respondents do not accurately reflect the age profile of mature residents in Kapiti. Those in the 50-64 age bracket are significantly under-represented, and those 65+ are over-represented in survey responses. According to the most recent census in 2013, there were 9,951 residents in the 50-64 age group and 12,426 in the 65+ group. So 44% of the 50+ population are in the 50-64 bracket and 56% in the 65+ group. In comparison, only 11% of survey respondents were under 65 years of age, while 89% were 65 or older.

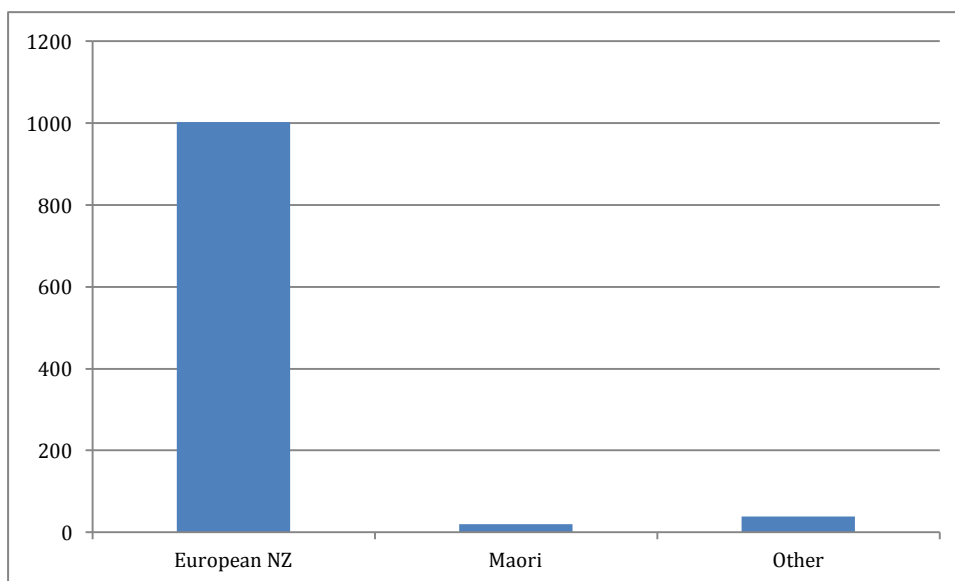
Figure 4: Total Population (Age group and sex), Kapiti District, 2013 Census



Ethnicity

94% of the respondents listed their ethnicity as European New Zealander, 2% identified as Maori and 4% listed a range of other ethnicities. 9% of respondents did not answer this question.

Figure 5: Respondents by ethnicity



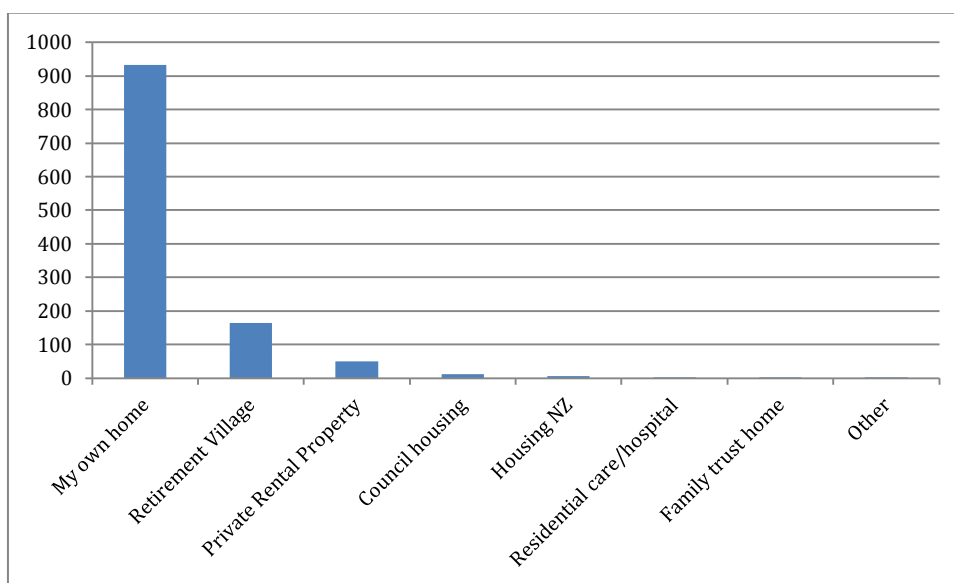
Survey respondents do not represent the ethnic make-up of the wider population of Kapiti, with European New Zealanders over-represented and Maori and other ethnic groups under-represented in our survey population. As the numbers of respondents to this survey are so low in any group other than “New Zealand European” it is not possible to analyse responses by ethnicity.

2012 Census data on the ethnic make-up of Kapiti residents aged 50+ is not currently available. The best available data is that for the Kapiti population as a whole. While, the ethnic make-up of the 50+ group could differ from that of the Kapiti population in general, the latter is the best approximation we have. According to the 2012 Census the ethnic make-up of the population of Kapiti District is as follows: European 80%, Maori 12%, Pacific 2%, Asian 3%, “Other” 2%. (Numbers do not add to 100% as people can select multiple ethnicities).

Housing

Respondents were also asked about their housing. 80% of respondents live in their own home, 14% in a retirement village, and 4% in private rentals. 1% lives in council housing and another 1% in Housing New Zealand properties.

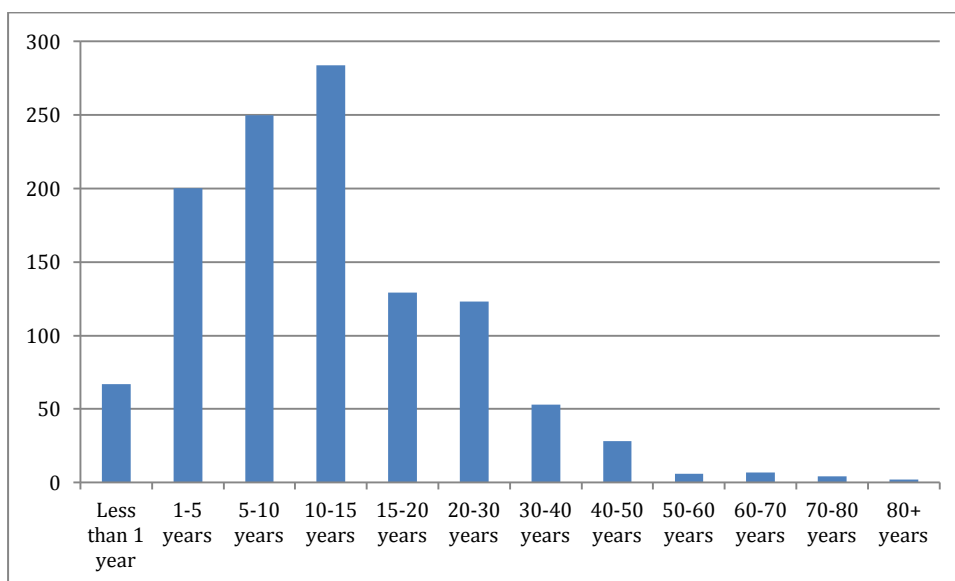
Figure 6: Respondents by housing type



Time at current residence

Respondents were asked how long they have lived in their present residence. Almost half of respondents have moved to their current residence within the last 10 years. 23% of respondents have been at their current residence for less than 5 years. A further 22% have been there between 5 and 10 years. 36% have lived at their current residence for between 10 and 20 years, and a further 19% have lived at their current residence for 20 years or more.

Figure 7: Time at current residence

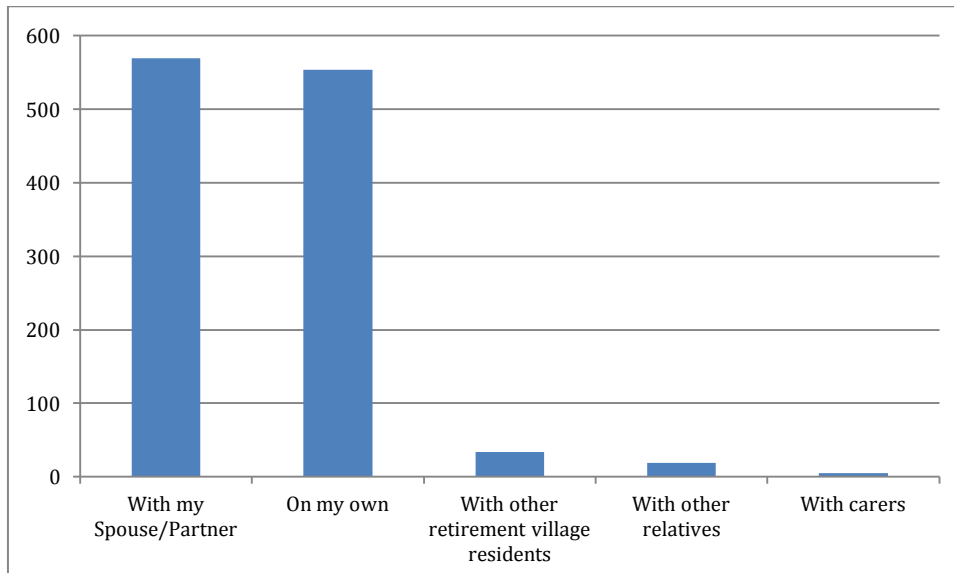


Note – the scale on the horizontal access is uneven

Living situation

48% of respondents live with their spouse, 47% alone, 3% in a retirement village or residential care setting, 2% with other relatives and less than 1% with carers.

Figure 8: Respondents by living situation



Living situation varies by gender. Female respondents are much more likely to live alone. Around two-thirds of females lived alone, compared with only one-quarter of males. The difference becomes greater for older age groups with older females the most likely to live alone. For example, 31 females between 50 and 65 years lived alone, and 47 with a spouse/partner. In comparison, 74 females over 85 years of age lived alone, while only 13 lived with a spouse/partner. 10 males between 50 and 65 lived alone, and 24 with a spouse or partner. 32 males over 85 lived alone and 28 with a partner. These differences are likely due to the different life expectancies of males and females, with females generally living longer than males.

4. Survey findings: what did people tell us?

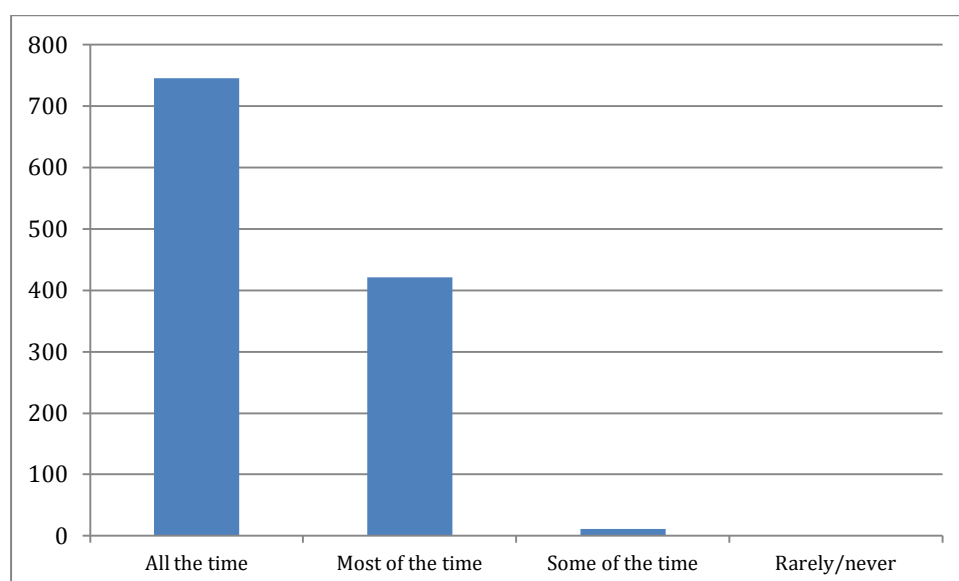
4.1.1 Safety

Those who responded to the survey generally felt safe at home, in public, and with the forms of transport they use.

Safety at home

63% of respondents feel safe at home *all the time*, while 36% feel safe at home *most of the time*. Only 1% feels safe *some of the time*. No-one answered *rarely/never*.

Figure 9: Safety at home



Respondents were asked what makes them feel safe, what makes them feel unsafe, and what would make them feel safer at home. This was an open question, so respondents could write what their own comments rather than choose from a pre-selected list. The following make people feel safe or would make them feel safer (These factors are **not** listed in any particular order or priority):

- Having supportive people around - partner/spouse, neighbours, friends and family, living in a retirement village
- Security devices - lighting, security alarms, locks, latches and medical alarms
- Safety devices - handrails, non-slip surfaces
- Telephone - having a landline or cell-phone
- Dogs
- God

The following make people feel unsafe:

- Problems with neighbours, frequent turnover of neighbours
- Living alone, being lonely
- Boy racers, noise from cars
- The local environment (dogs, graffiti, noise etc.)
- Uneven or broken paths or ground
- Dark areas or entrances
- Large rear sections (which may be potentially unsecure)

- Fear of falls or slipping
- Disability
- Having been a victim of crime
- Parties, youths, noise in the street

People who live alone were also asked what safety measures they have in place. The most common responses included:

- Security alarms and medical alarms
- Leaving a key with neighbours or friends, or hiding a key at home
- Keeping in touch regularly with friends or family
- Security lighting, latches and locks
- Having a cell-phone
- Having a dog

Neighbours keep an eye out on each other's property (Male 60-64).

[I] have to put lock on side gate, security lights at front door and eventually security lights at back of house (Female 75-79).

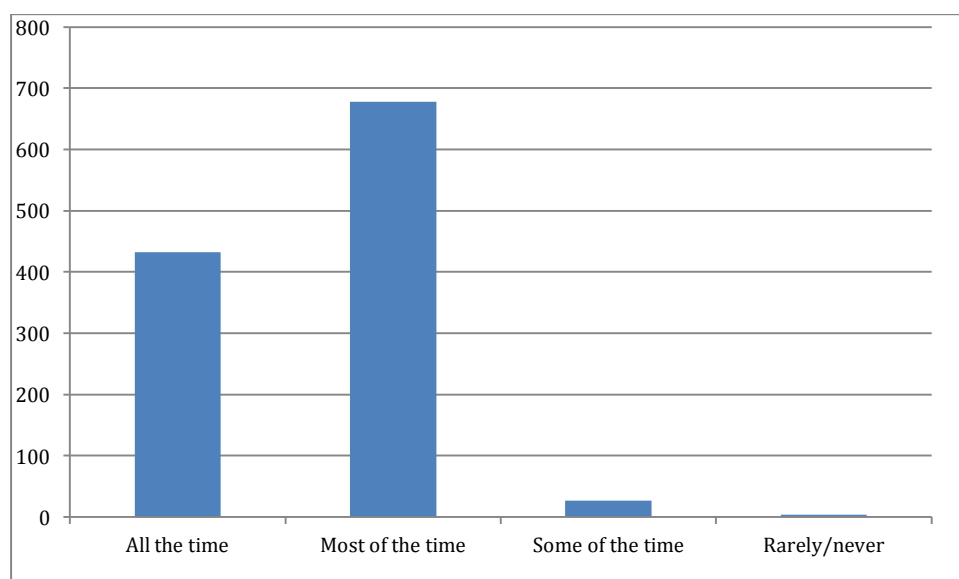
I feel a bit isolated up on the top of a somewhat flattened sand drive - out of sight possibly sound of the neighbours (Female 85+).

No reason to feel unsafe (Male 80-84).

Safety in public

38% of respondents feel safe in public *all the time*, with another 59% feeling safe *most of the time*. Less than 2% reported feeling safe only *some of the time* or *rarely/never*. The majority of people feel safe in public *most of the time*, compared with safety at home, where most feel safe *all of the time*.

Figure 10: Safety in public places



Respondents were asked what makes them feel safe, what makes them feel unsafe, and what would make them feel safer in public. This was an open question, so respondents could write what they wished. The following make people feel safe or would make them feel safer (These factors are **not** listed in any particular order or priority):

- Good, accessible public spaces and facilities including quality footpaths, pedestrian crossings
- Community spirit, community patrols, neighbours, friendly people
- Police presence
- Confidence - self-confidence, positive attitude, common sense,
- Daylight/Lighting - being out in the daytime and having good lighting
- Going to busy, open places and avoiding dark or unsafe areas
- Knowing the area well

People were asked what makes them feel unsafe in public places. Responses included:

- Dogs off leashes
- Uneven footpaths
- Aggressive people, gangs
- Large groups of youth
- Bikes, scooters and skateboards on footpaths
- Dangerous driving, cars speeding etc.
- Darkness, poor lighting
- Lack of security and policing
- Drunken behaviour, pubs and liquor stores

People were asked where they feel unsafe in public places. Responses included:

- Near bars, anywhere where alcohol is being consumed
- Anywhere dark or with poor lighting
- Where large groups of youth are congregating
- Around the railway station
- At the beach, especially with regard to dogs
- At car parks/car park buildings
- Crossing the road, at traffic lights, footpaths
- Public toilets
- Underpasses

The only place I ever slightly question security in the Kapiti district is on the rare occasions I use the Paraparaumu railway station (Male 60-64).

I don't go out at night (Female 70-75).

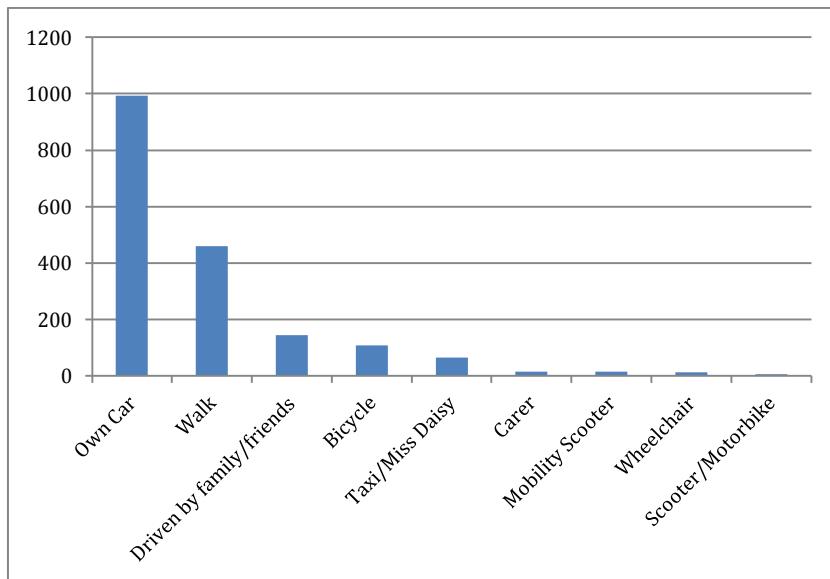
I think Coastlands could install a few more handrails and seats. The same goes for the supermarkets (Male 70-74).

I accept the fact that any country area lighting is not as good as in cities but generally Kapiti provides a reasonable attempt to provide a safe environment (Male 70-74).

Safety getting around

Respondents were asked about the forms of transport they use, and how they get around. 53% drive their own car, 25% walk, 8% are driven by friends or family, 6% cycle, 3% use taxis or Driving Miss Daisy services, 1% travel with carers, 1% on mobility scooters, 1% in wheelchairs, and less than 1% (5 people) uses a scooter or motorbike. People could choose more than one response as there are many ways to get around. (Participants were not asked about their use of public transport as the survey was particularly interested in forms of transport other than public transport. Future surveys are likely to include questions about use of public transport).

Figure 11: Forms of transport



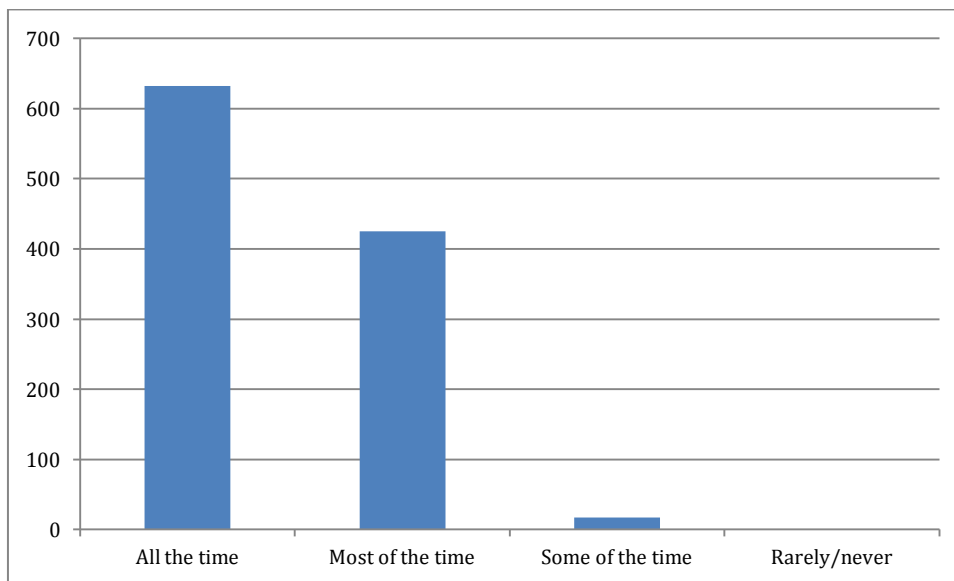
While you are able to drive, life is so much easier – independence is crucial (Female 70-+74).

Having [a] taxi card is very useful and has made a great improvement in my life (Male 85+).

Public transport [is] not readily available. Spread out community means a car is a necessity, even to use the train (Female 65-69).

As with the home, there are very high levels of safety reported for the forms of transport used. 59% of respondents feel safe *all the time* and 40% feel safe *most of the time*. Only 2% feel safe *only some of the time* or *rarely/never*.

Figure 12: Safety with transport



Respondents were asked what makes them feel safe, what makes them feel unsafe, and what would make them feel safer with their modes of transport. This was an open question, so respondents could write what they wished. The following make people feel safe or would make them feel safer (These factors are **not** listed in any particular order or priority):

- Lower speed limits, and greater enforcement of existing speed limits
- Banning cars from reversing out of driveways
- A subway from the Waikanae railway station
- Later buses and better timing of buses and trains for better connected journeys
- More and better cycle lanes
- Good roads
- Additional road signs to facilitate traffic movement
- Good driving by others on the road
- Better lighting
- Police - having more and visible police presence on the roads

The following make people feel unsafe:

- Bad drivers, aggressive drivers, inconsiderate drivers, speeding
- Traffic congestion
- Cyclists feel unsafe on busy roads, and with bad driving
- Pedestrians feeling unsafe with vehicles pulling out of driveways etc.

Need for better footpaths for wheelchairs, [wheelchair] friendly buses (Male 60-64).

I don't think that cycling & skate -boards should be permitted on footpaths (unless the cyclists are small children) I would like to see a lot more courtesy from the young to the old (Female 85+).

Safety: Other points of interest

- 14 respondents stated that they felt safe at home only *some of the time* or *rarely/never*. The majority of this group were female (10 female, 3 male, one not specified). All three who said they *rarely/never* feel safe at home were women. Feeling unsafe at home does not appear to be related to age, suburb, type of home, nor whether you live alone or with others.
- The 14 respondents that felt safe at home only *some of the time* or *rarely/never*, generally felt safer in public or using transport than at home. One felt safe in public *all of the time* and 6 *most of the time*. 3 felt safe using transport *all of the time* and 6 *most of the time*.
- Those who felt less safe at home were more likely than the sample as a whole to:
 - rank their health as “poor”
 - describe themselves as “not very happy” or “not at all happy”
 - have a disability or chronic illness
 - have been a victim of some type of harassment, crime or pressure etc.
 - have a lower standard of living
 - have lower confidence about their financial security
 - not get out socially as much as they would like
 - spend more time alone
 - have less contact with family and friends
- 4 people felt unsafe in public *all the time*: 3 were female; all were over 85; all live alone; and all are affected by disability. This group tends to feel safer at home and using transport than they do in public. This group also tends to spend a lot of time alone. One spends 12-15 hours a day alone, and three spend more than 15 hours alone. However, 2 are in touch with friends and family every day, one at least once a week and one less than once a month.

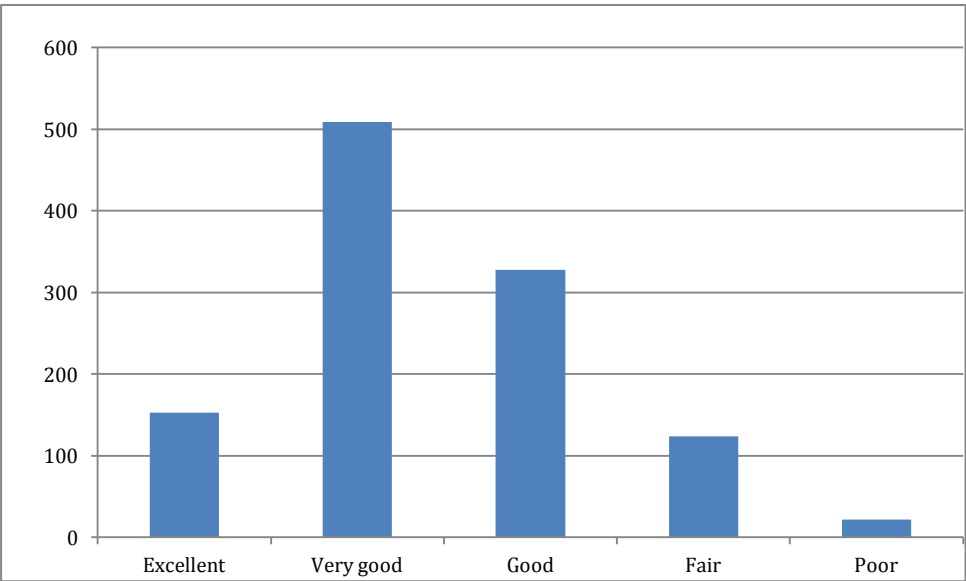
4.1.2 Wellbeing

Most respondents reported feeling healthy and happy. However, around one quarter have experienced some form of abuse, intimidation or victimisation in the last year.

Health

13% of respondents described their general health as *excellent*, 45% as *very good*, 29% as *good*, 11% as *fair* and 2% as *poor*.

Figure 13: General health



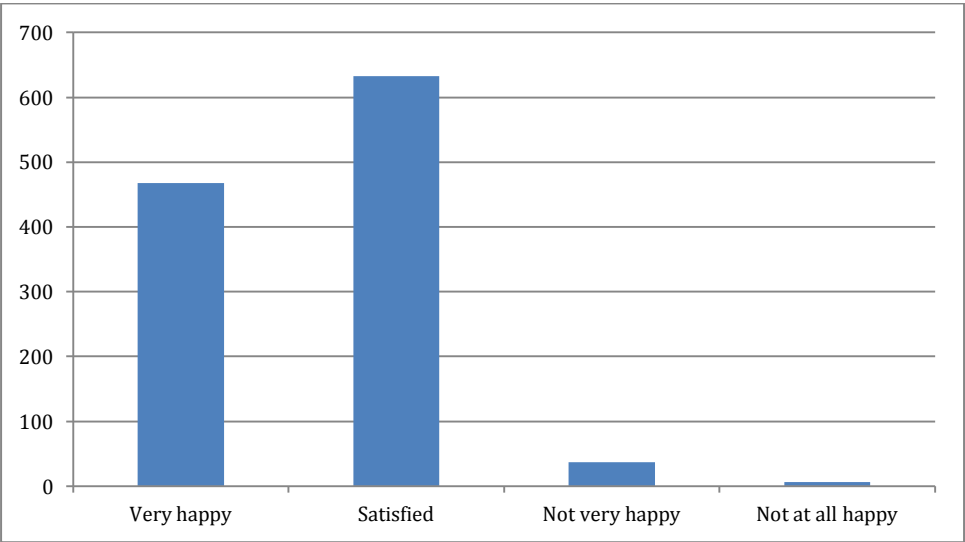
There was no difference between females and males in terms of reported health. However, there was a gradual decline in reported health by age. Those in the younger age groups (50-74) were more likely to report their health as being *excellent* or *very good* than those in the older groups (75+). For example, 64% of those aged 50-64 rated their health as *excellent* or *very good*, compared with only 44% of those aged 85 or more.

Our health is our greatest asset. Empower elderly people to care for themselves. Prevention - be prepared; learn from crises in other regions (Female 70-74).

Happiness

41% of respondents report being *very happy* with their life and 55% as *satisfied*, with 3% *not very happy* and 1% *not happy at all*.

Figure 14: Happiness with life



What keeps you well?

When asked what helps keep respondents well, common responses included:

- Having company, friends, and family around
- Having a close relationship/spouse
- Being active and busy, hobbies, entertainment, socialising, contributing to the community
- Having a positive attitude
- Exercise, sport, gardening and the outdoors
- Employment
- A strong community
- Rest, good nutrition, not smoking or drinking
- God, faith, religion and church
- Contact with health professionals

Many of these factors have been cited in response to other survey questions, particularly those about safety.

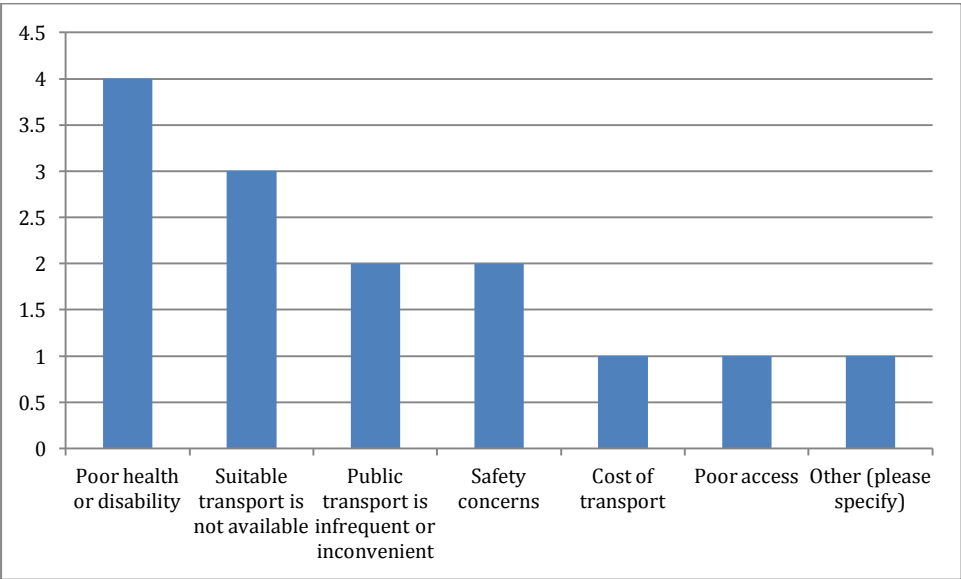
I feel extremely happy to be living in Kapiti and in this retirement village at this stage of life. I am happy to have good health and good friends & family (Female 80-84).

I consider myself very lucky with my house, its environment and peaceful area - knowing support is available as & when needed (Female 75-79).

Access to medical appointments

99% of respondents said they were able to get to all their medical appointments. Of the 14 people (1%) who said they were not able to make it to their appointments, only 7 gave reasons. 4 cited poor health and disability as barriers. 3 said that suitable transport is not available and 2 said that public transport is infrequent or inconvenient. 2 cited safety concerns, 1 the cost of transport, 1 poor access and another “cost” (possibly of the medical appointment itself).

Figure 15: Barriers to attending medical appointments (for those not able to get to all appointments)



Of the 1136 people who said that they were able to get to medical appointments, some also highlighted barriers to attendance. 9 cited poor health and disability as barriers. 8 said that public transport is infrequent or inconvenient. 4 cited safety concerns. 3 said that suitable transport is not available. 2 noted the cost of transport and 1 poor access.

My main concern is being able to take my son to his hospital appointments. He has severe Parkinson's and since I am 83 years I feel inadequate at times in getting to Wellington (Female 80-84).

The downside of living in Kapiti is that it is necessary to travel to Wellington Hospital [for] medical care. A hospital nearer with free medical services would be ideal (Female 70-74).

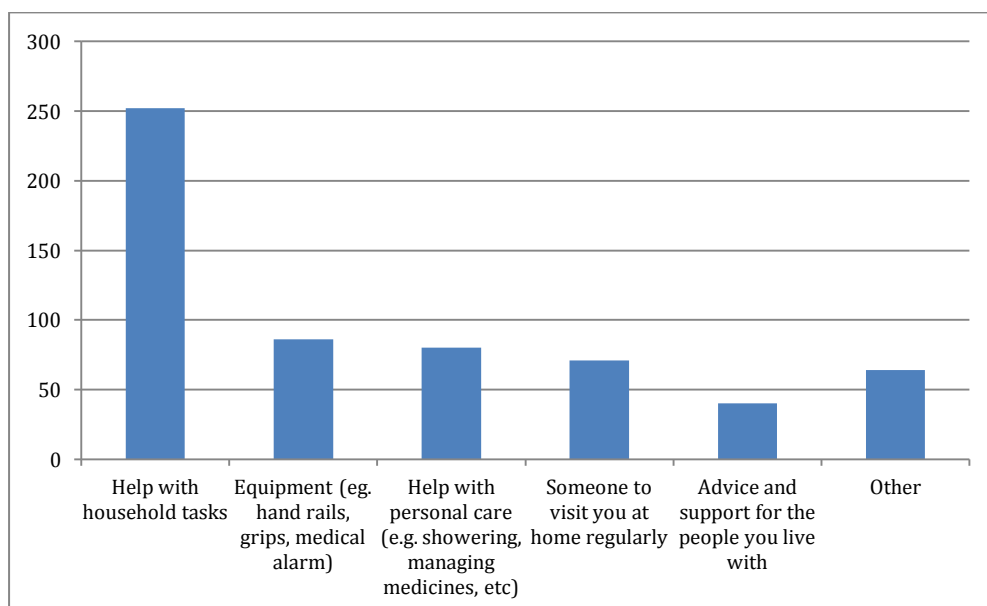
In their comments, some people raised specific concerns about the cost of Doctors visits and prescriptions.

Affected by disability

27% of respondents reported that a disability or chronic illness stops them from participating fully in work, housework, or daily activity.

When asked what would help people stay in their own home, help with household tasks was the most common response (42%), followed by equipment (15%), help with personal care (13%), visits (12%), advice for those they live with (7%). In the comments section, several people specifically mentioned help with gardening and lawns, while a couple mentioned transport, and help with shopping. One mentioned meals on wheels and another help with depression.

Figure 16: Factors that would help those with illness or disability stay in their own home



I have had to give up a number of community activities - mostly in music & drama teaching - due to disability. Poor access can be a problem a times - stairs etc. (Female 75-79).

I appreciate meals on wheels 5 days a week, home help, garden help, [having] trees trimmed. [I am involved with] Red Cross, do knitting and keep busy. I am disabled with low vision (Female 85+).

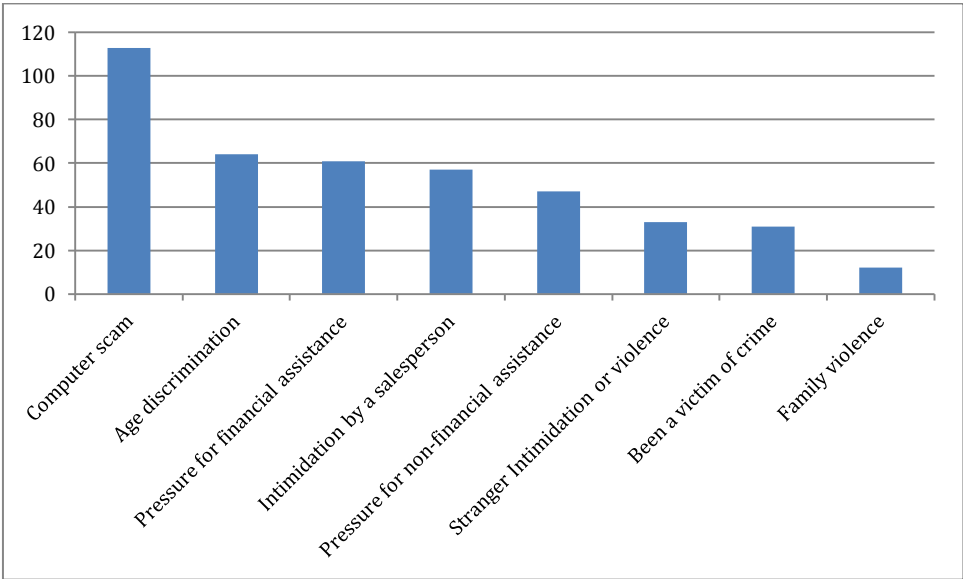
Victimisation

Respondents were asked “Have you experienced any of the following in the last twelve months?” and provided with a list of 9 options to choose from. People could tick multiple boxes. From 1198 respondents, 285 ticked at least one option. This means that around one quarter of respondents had at least one experience of victimisation. Positively, three-quarters had not experienced any of these forms of victimisation in the past 12 months.

The number of respondents who reported experiencing victimisation was as follows:

- computer scam (113 respondents)
- age discrimination (64 respondents)
- pressure to give financial assistance to a family member, friend or community (61 respondents)
- intimidation or harassment by a sales or service person (57 respondents)
- pressure to give non-financial assistance to a family member, friend or community (47 respondents)
- intimidation or violence in a public place by a stranger (33 respondents)
- being a victim of crime (31 respondents)
- family violence (12 respondents).

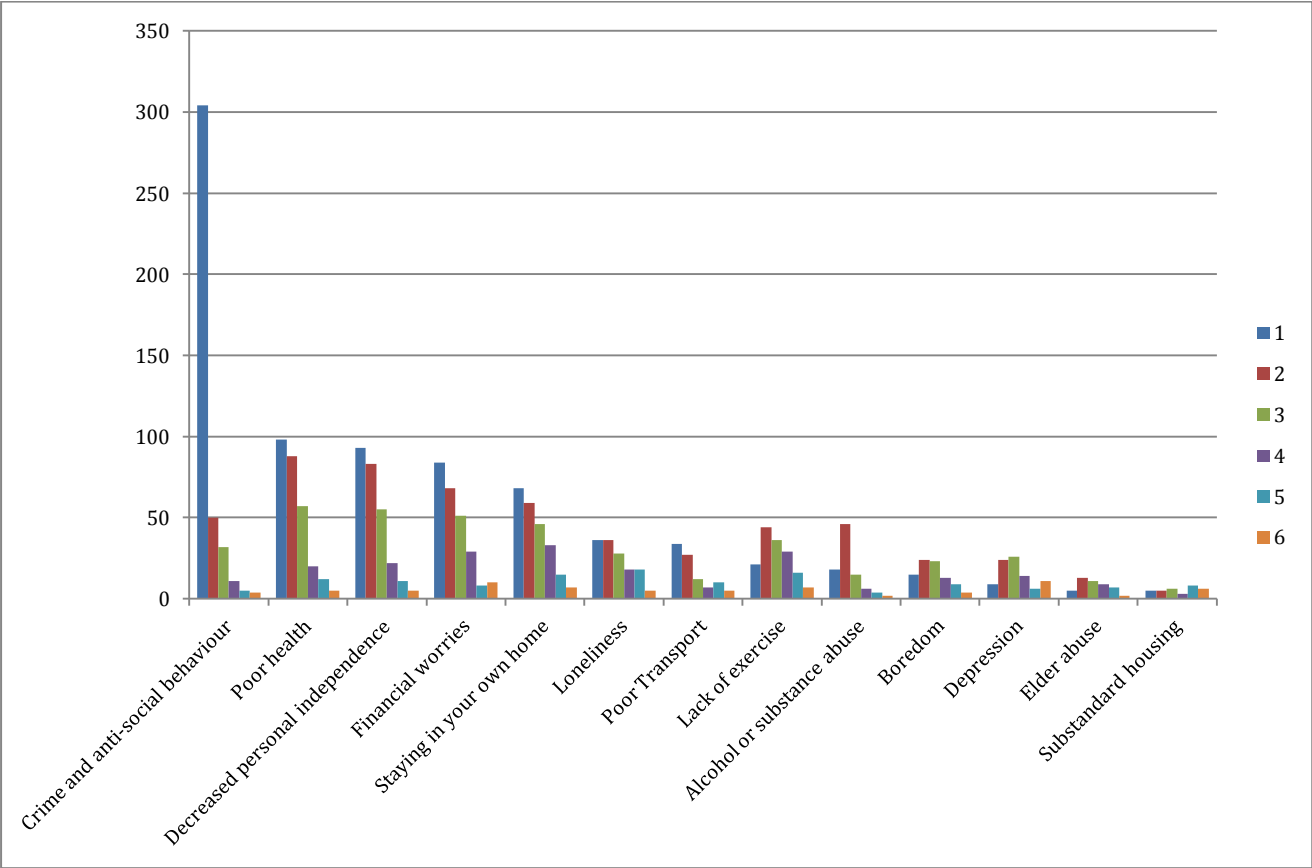
Figure 17: Victimisation



Biggest concerns

Respondents were asked about their biggest concerns in Kapiti. They were presented with a list of options (though they could add other options) and asked to rank these in order of importance (1, 2, 3 etc.) People could rank as many as they wished.

Figure 18: Biggest concerns for respondents in Kapiti



Crime and anti-social behaviour was ranked as the number one concern overall, followed by a decrease in personal independence and poor health.

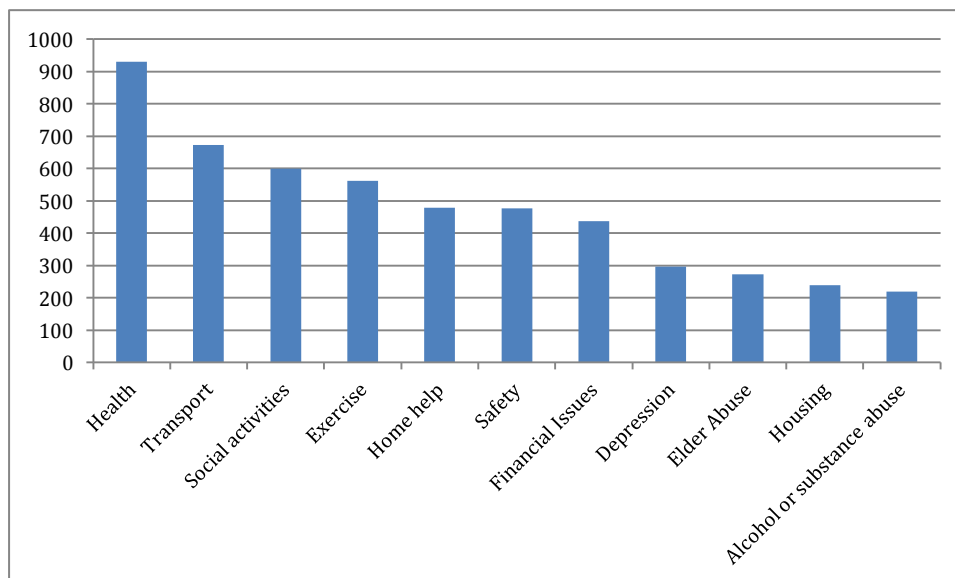
Crime was reported as being of greatest concern, despite more than 98% of respondents stating that they feel safe at home and in public all or most of the time (see section 3.2.1) and only 3% reporting being a victim of crime (see Figure 16). This implies that respondents have a *perception* that crime is more frequent than their *personal experience* suggests it is. This perception may be driven by media reports of crime, which are common in newspapers, radio and television. They may therefore consider that crime is happening to other older adults, although it may not be happening to them personally.

Similarly, poor health was rated highly as a concern despite 58% rating their own health as *excellent* or *very good*, and a further 29% as *good* (with only 11% as *fair* and 2% as *poor*).

Where to get advice

There was a wide range of knowledge about where to get advice on different topics. Health came out on top with 78% of people knowing where to get advice on health issues. Around half know where to get information on transport, social activities and exercise. 40% know where to go for information on safety. Only 25%, or less, know where to get advice on depression, elder abuse, housing and substance abuse.

Figure 19: Where to go for advice



When we compare the biggest concerns for mature residents with their knowledge of where to get advice we see that:

- While crime and anti-social activities were the biggest concern, only 40% of respondents know where to get information on safety
- Poor health was rated highly as a concern, and encouragingly 78% of respondents know where to go for health advice

- Personal independence was highly rated as a concern, yet only 40% know where to get information on home help.
- Financial worries rated in the top four concerns, yet only 37% know where to get advice on financial issues

I believe the heart of this community is great and the support services many; however I seem to constantly experience difficulty accessing/being aware of connecting with these great services. It is as if there are all these dedicated people putting energy into running services for the community but that doesn't necessarily mean that the people who need those services know about them. [It is] a communication thing. I have been surprised how little my GP set up has been able to help me connect...it is at this point that the networking to services needs to start and improve. All we need is more linked hand holding (Female 50-54)

Wellbeing: other points of interest

- Those reporting excellent health are more likely to:
 - report very high levels of happiness
 - feel safer
- Those reporting poor health are more likely to:
 - report lower levels of happiness
 - be affected by a disability
 - be less confident about their financial security in retirement
- Those who reported being very happy were more likely to report:
 - Feeling safe
 - Good/excellent health
 - High/average standard of living
- In contrast, those who were not at all happy were more likely to:
 - Be affected by a disability
 - Be less confident about their financial security in retirement
 - Have gone without some of the basic items (one had gone without ten)
 - Be unable to get out to social activities as much as they would like
 - Spend more time alone (although surprisingly to have regular contact with family and friends)

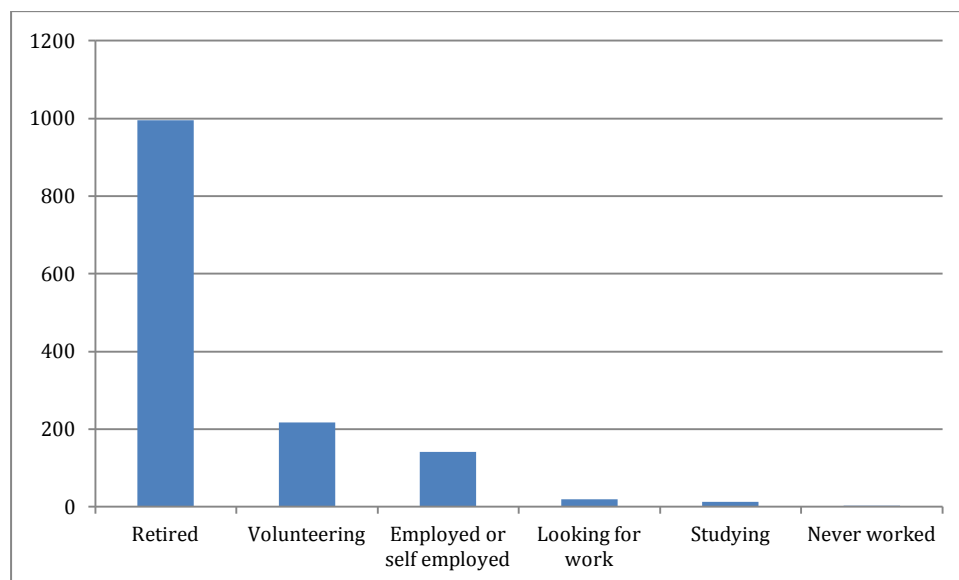
4.1.3 Economic security

Work status

Respondents were asked about their work status. They could tick as many answers as applied to them.

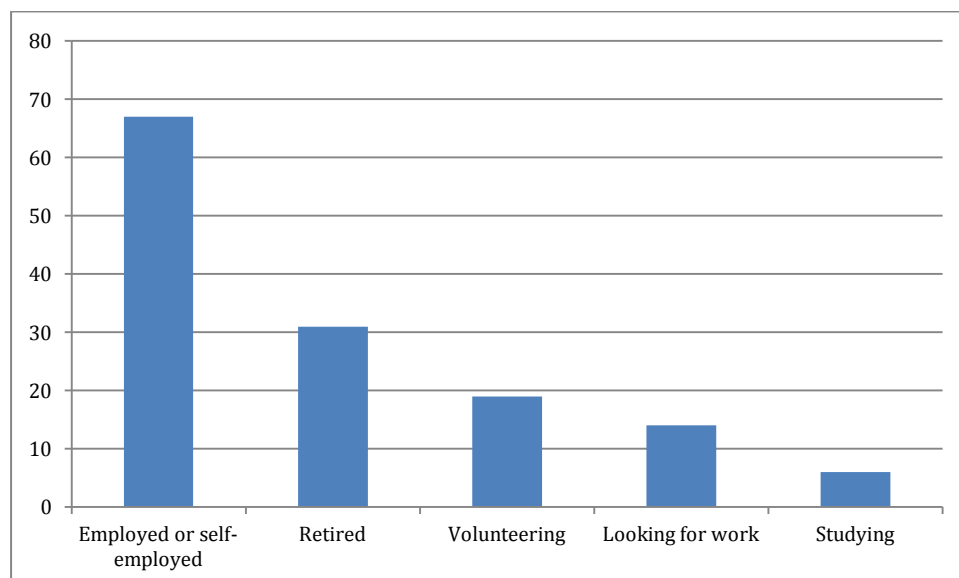
72% of respondents are retired. 16% volunteer. 10% is either employed or self-employed. 1% is looking for work while a further 1% is studying.

Figure 20: Work status



11% of survey respondents are between 50 and 64 years of age. This group has a different work profile from the wider survey population. 49% of this group work and a further 10% are looking for work. 14% are volunteering and 4% are studying. 23% of respondents under 65 are retired.

Figure 21: Work status for 50-64 age groups



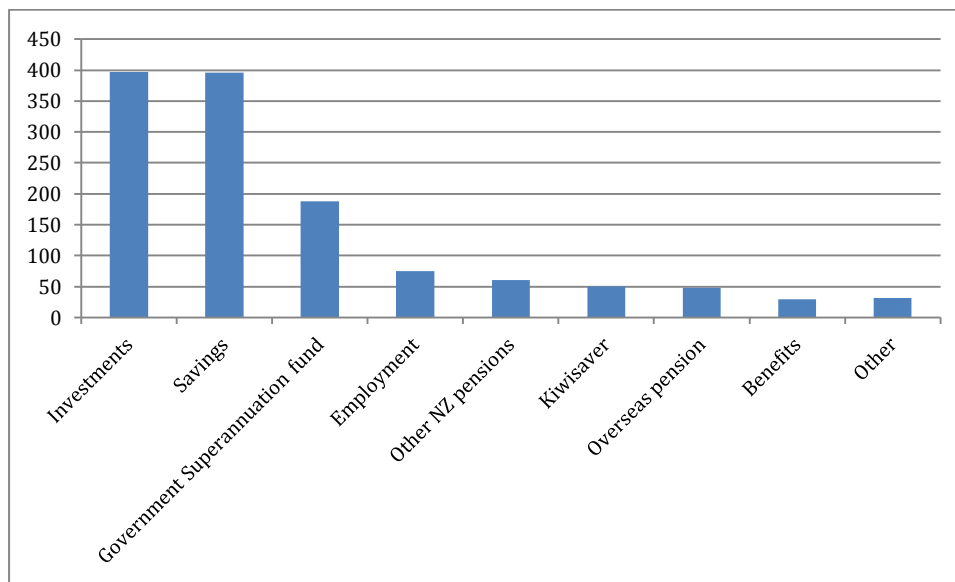
I would like to work so I can save something for my retirement (Female 55-59).

[It] can be quite difficult coming to live in a small town like Paraparaumu at 62 years without a partner, you feel like you don't fit in anywhere. Am still working 3 days a week (poorly paid) and when I retire over the next 2 years need to save a bit more). I would like to be able to join some (confidential) groups where I can meet like-minded people. As long as these groups aren't expensive to join because living solely on the pension is a bit of a worry. I do have kiwi saver plodding away!! (Female 60-64).

Source of income

77% of respondents have income other than superannuation: mainly savings or investments. This question is only relevant to those over 65 who are entitled to national superannuation.

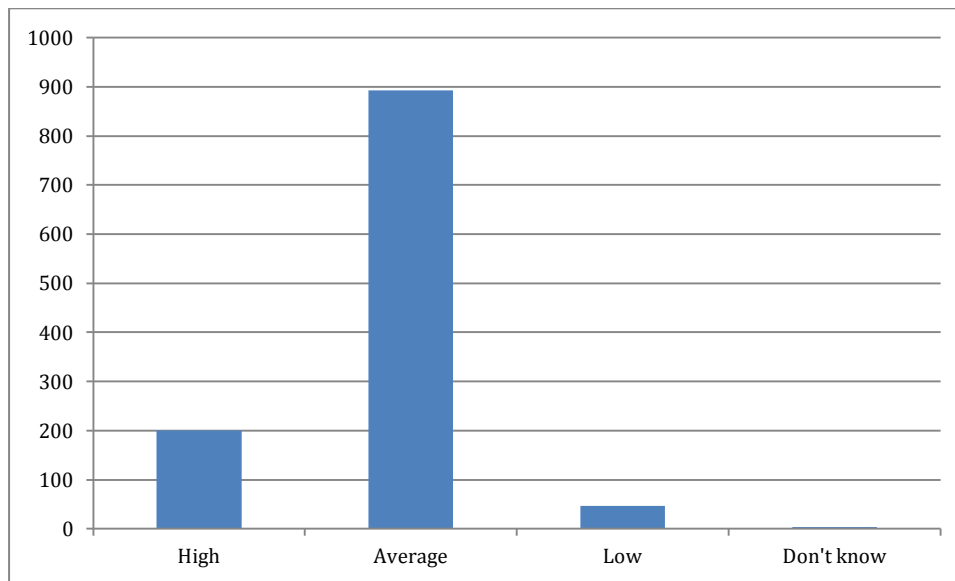
Figure 22: Sources of income other than superannuation for those 65 and over



Standard of living

18% of participants rated their standard of living as high, 78% as average and 4% as low.

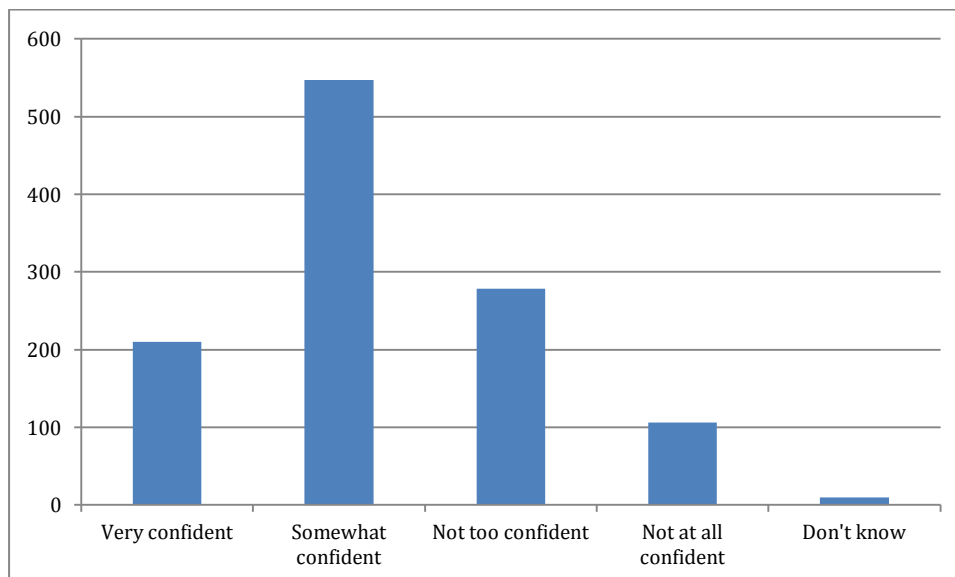
Figure 23: Standard of living



Financial security during retirement

Respondents were asked how confident they are that they have enough income and accumulated savings to live comfortably during retirement. 18% were very confident, 48% somewhat confident, 24% not too confident, 9% not confident at all, and 1% didn't know.

Figure 24: Financial security during retirement



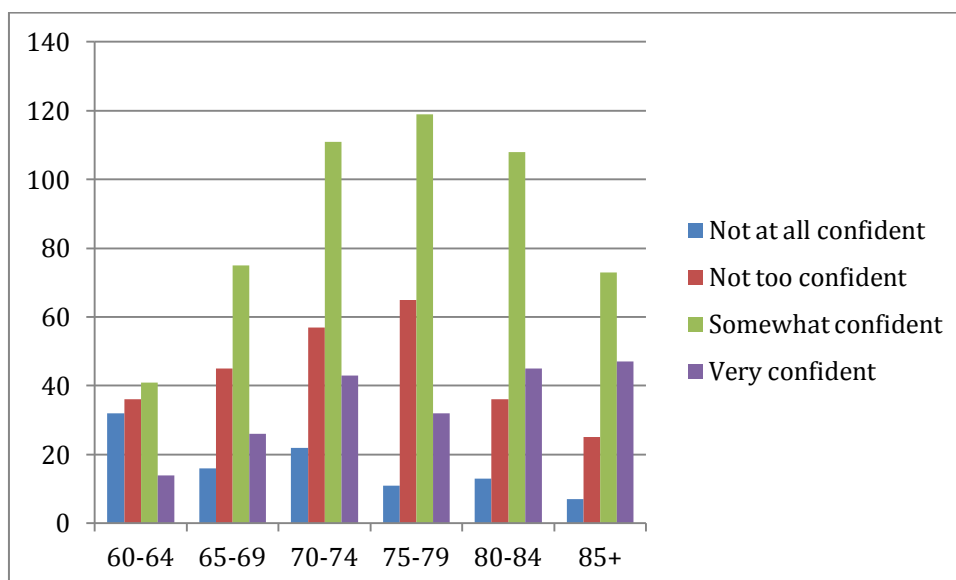
The increasing costs of rates, insurance and gas/electricity are the biggest burden (Female 75-79).

While I feel that we have relative financial security, this has only been achieved by controlling to a private superannuation scheme and saving since we were in our 20's. As we had 3 children whose tertiary educations we paid for, this has meant we have gone without a lot of luxury items, many people these days have come to expect as normal i.e. overseas holidays, new cars, new furniture's, expensive housing. Now we have reached this day m so thankful we pursued because we would not be able to live on national superannuation's alone (Female 60-64).

Like many others, I have had to raise a granddaughter from 2 years old. This had a huge impact financially. Her parents didn't contribute. Now that she is 18 they are "wonderful" to her. Her father, my son, ripped me off financially. Fortunately I was able to work till I was 68 and have been able to downsize my home (Female 75-79).

Confidence generally increases with age. Only 44% of the under 65s were very, or somewhat, confident compared with 79% of the over 80 group.

Figure 25: Financial security during retirement by age



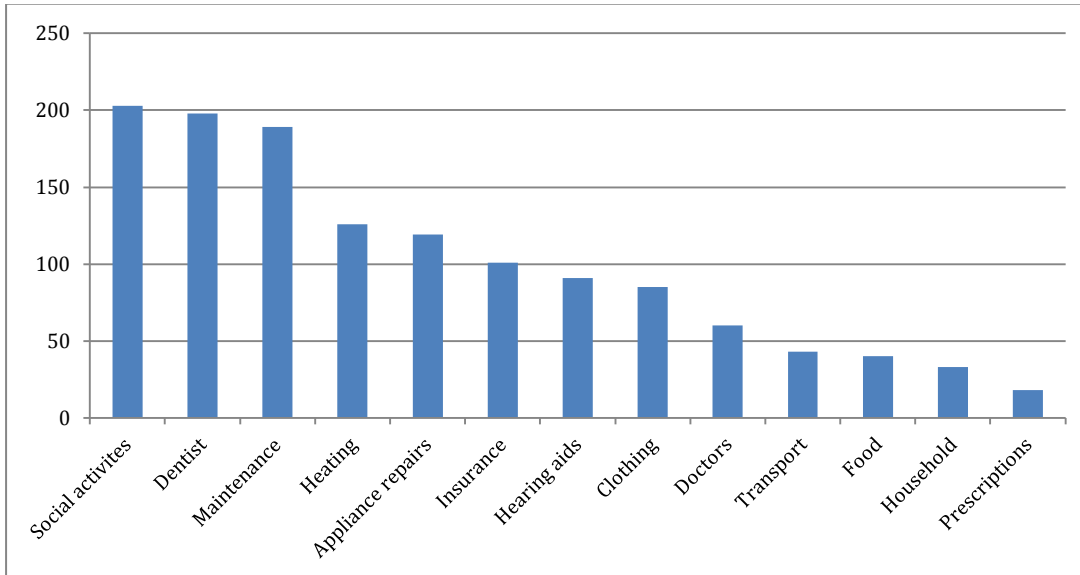
Going without the “basics”

Respondents were asked whether they had ever gone without thirteen “basic” items due to lack of money. They could select as many items as they wished. Out of a total of 1198 respondents, 445 have gone without at least one of the following:

- Social activities – 17% (203 respondents)
- Dentist – 17% (198 respondents)
- Maintenance – 16% (189 respondents)
- Heating – 11% (126 respondents)
- Appliance repairs – 10% (119 respondents)
- Insurance – 8% (101 respondents)
- Hearing aids – 8% (91 respondents)
- Clothing – 7% (85 respondents)
- Doctors – 5% (60 respondents)

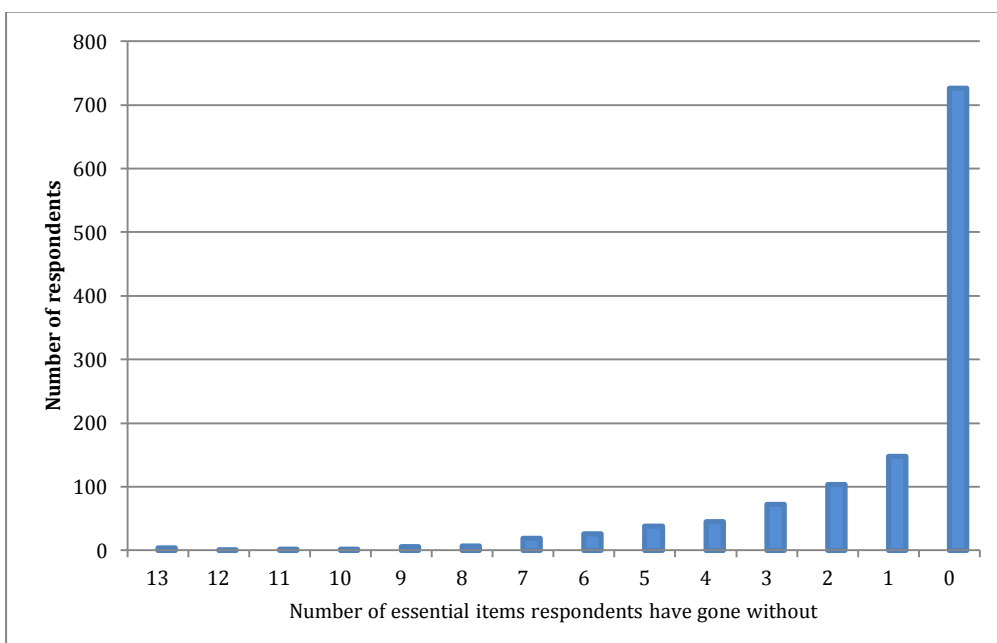
- Transport – 4% (43 respondents)
- Food – 3% (40 respondents)
- Household – 3% (33 respondents)
- Prescriptions – 2% (18 respondents)

Figure 26: Going without the “basics”



The 445 people who have gone without make up 37% of the survey population. Most of this group have gone without many of these things: 4 people had gone without all 13 basic items, 1 without 12, 2 without 11, 2 without 10, 6 without 9, 7 without 8, 19 without 7, 26 without 6, 38 without 5, 45 without 4, 72 without 3, 103 without 2, 148 without 1 and 726 had not missed out on any of these basic items. Those missing out on the basics were also more likely to have low confidence in their financial security. The results indicate that a small group of people are struggling to make ends meet and missing out on many of the basics of life.

Figure 27: Number of respondents going without the “basics”



While these figures give cause for concern, they do not give us a clear picture of the extent to which people are “going without”. The survey does not ask people to specify whether they have gone completely without something, have gone without temporarily (and for how long), or have substituted one item for another (such as a cheaper food item). For example, we cannot tell whether those who have “gone without food” have done so completely or gone without particular types of food, such as meat. Furthermore, people of all ages have to prioritise in order to live within their means, and many may put off things like social activities, clothing or dentists visits when their budget does not allow. Future surveys may need to request more specific details from respondents to provide a clearer picture of what people are missing out on in order to assess the seriousness and consequences.

[I am] concerned regarding the rising cost of rates and how long we can stay in Kapiti because of this. We have both worked and paid taxes all our adult life and find it more and more difficult to cover rates and medical insurance. The latter is soon to be cancelled right when we need it (Female 65-69).

Economic security: other points of interest

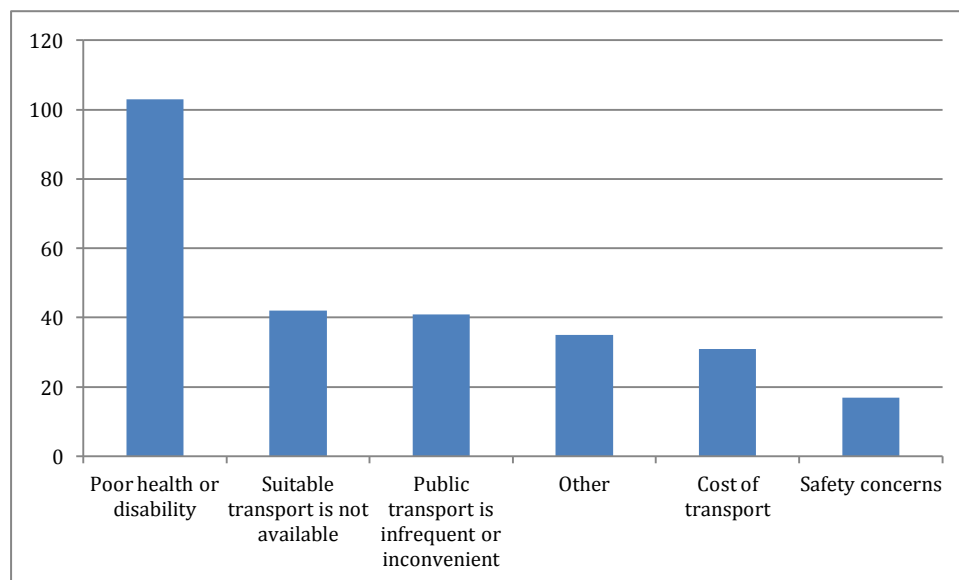
- 14 people under 65 reported that they are looking for work; 7 were on benefits. These people under 65 looking for work reported average/low standard of living, were not confident about their financial future, and all had gone without (anywhere from 2 to 10 of the 13 basic items). Interestingly, happiness varied across the group from *very happy* to *not at all happy*.
- Respondents who were employed or self-employed were more likely to report their health as *excellent* or *very good*.
- 40 people reported going without food. Most of this group have also gone without many other ‘basic’ items. There is no clear pattern with this group: it is a mix of employed and retired, people renting and living in their own home, people living alone and with partners. The only common thread is a lower confidence in future economic security.
- Those living in rented accommodation are more likely to have less confidence about their financial future.

4.1.4 Community

Getting out socially

85% of respondents to this question said they are able to get out and about socially as much as they want. The remaining 15% stated that poor health and a lack of suitable transport were the two leading factors for not getting out and about as much as they would like. If all transport related concerns are combined these also form a significant barrier.

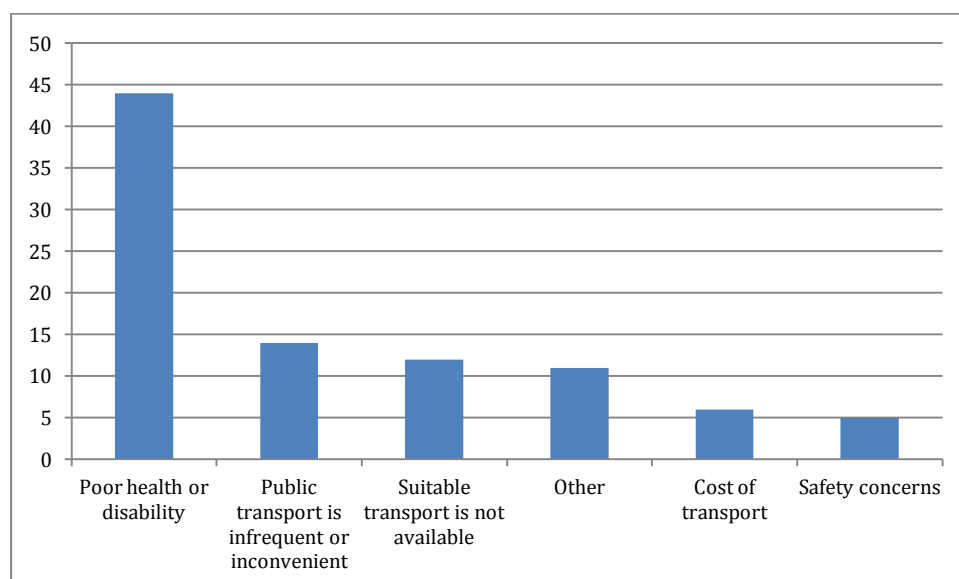
Figure 28: Barriers to getting out socially



Getting out for daily needs

98% of respondents said that they are able to get out and about for their daily living needs, such as grocery shopping. The barriers are similar to those for getting out socially (although the numbers are much smaller). Poor health is the leading factor, with 44 respondents (4% of the total survey population of 1198) stating this as a barrier. Once again, the combination of transport concerns becomes significant.

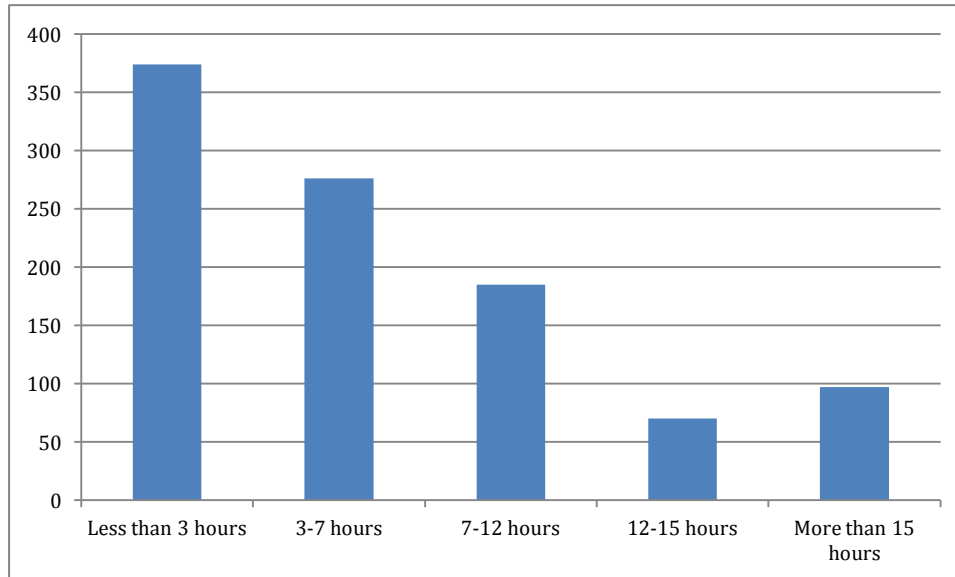
Figure 29: Barriers to getting out for daily needs



Time alone

Respondents were asked how much of the day they usually spend alone (this does not include time spent sleeping). 37% of respondents spend less than three hours alone per day. 28% spend less than 7 hours per day alone. However, 10% spend 12 or more hours alone each day.

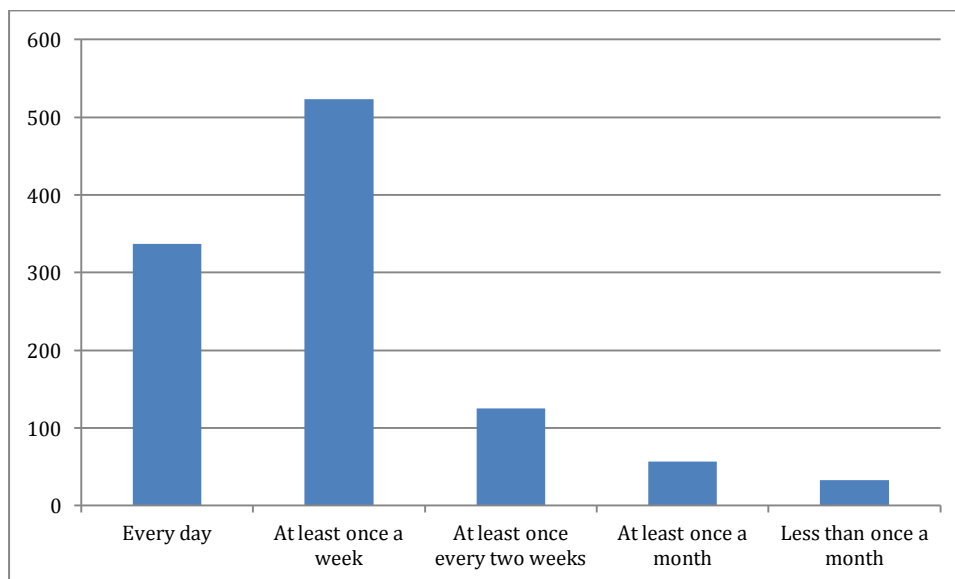
Figure 30: Time alone



Contact with friends and family

31% of respondents to this question are in touch with close friends or family (who don't live with them) *every day*. 49% are in touch *at least weekly* and 12% *at least every two weeks*. 5% are in contact *at least once a month*, and 3% *less than once a month*.

Figure 31: Contact with family and friends



These figures are of some concern when we consider that only one third of people are in touch with close family or friends every day and 20% were in touch only fortnightly or less. We cannot tell

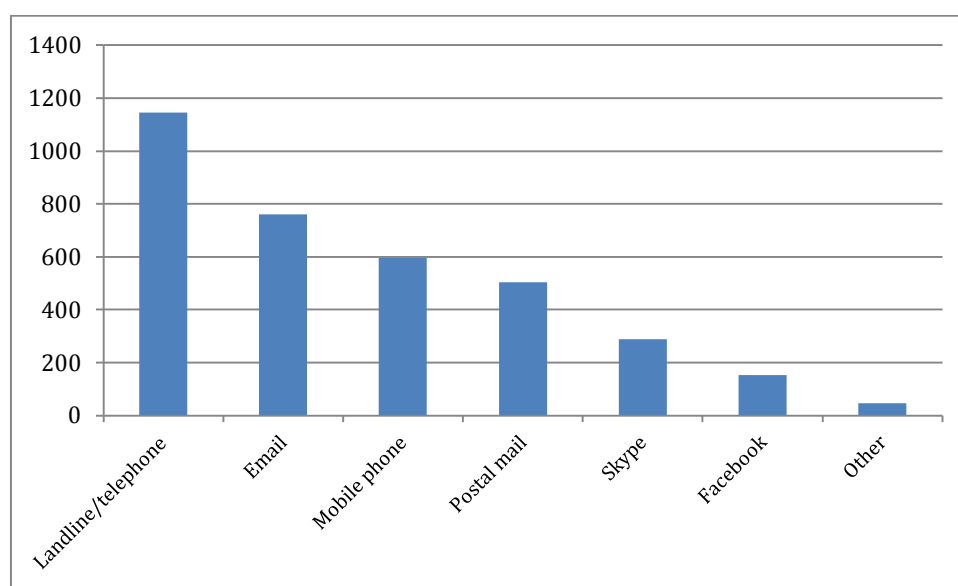
from these responses whether people are happy with this level of contact, or desire more or less connection with family and friends. This is something that may need to be explored in future surveys or in other contexts.

Being an active person still able to care for myself but have family with most caring attitude towards me and are available at all times, if needed (Male 80-84).

Staying in touch

Using a landline is the most common way that people stay in touch with family and friends. 95% of respondents use a landline, 63% email, 50% mobile phones, 42% post, 24% Skype, 13% Facebook, and 4% some other form of communication. This suggests that mature residents adapt quickly to new technologies to complement the use of traditional methods of communication.

Figure 32: Staying in touch



I am lucky to be mobile and mostly healthy with plenty of interests, able to drive, have cell phone and internet (Female 70-74).

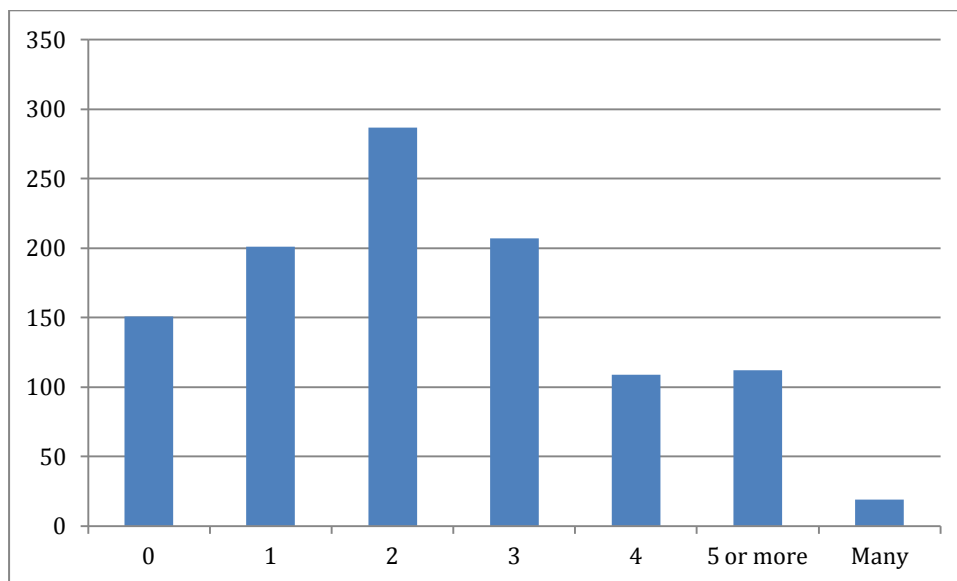
Social clubs and organisations

People were asked how many clubs and social organisations they are part of. This was an open-ended question so people could respond as they wished. Most people gave a number; though some gave a word or description (such as “many”). Where possible these descriptions have been grouped with numbers, or collectively as “many”. 14% of respondents do not belong to any clubs or social organisations. Just under half belong to either one or two. Around one third belong to 3 or 4. 10% belong to 5 or more clubs or organisations.

Common groups and organisations mentioned include: sporting and/or exercise clubs, craft groups, Probus, RSA, church, music and/or theatre.

I attend church regularly, help there with different activities and get much support from the people (Female 75-79).

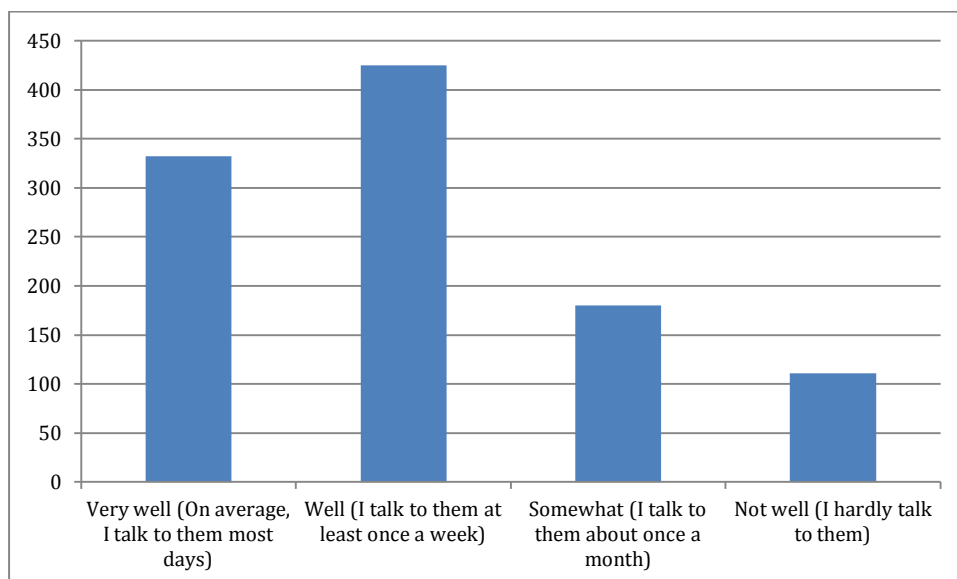
Figure 33: Social clubs and organisations



Neighbours

32% know their neighbours *very well* ("on average I talk to them most days"), 41% *well* ("I talk to them at least once a week"), 17% *somewhat* ("I talk to them at least once a month"), while 11% do *not* know their neighbours *well* ("I hardly talk to them"). Just over half of the respondents (54%) said they get help from their neighbours, while just under half (46%) do not.

Figure 34: Knowledge of neighbours



We have just downsized both land and house. We have yet to get to know new neighbours. At previous address we coordinated neighbour watch and were a "close - knit" group (Male 80-84).

I like living in a mixed neighbourhood with neighbours managing in age from 2 to 96. I think it is beneficial to one's mental outlook to have older people, families with young children etc. living roundabout so that you don't find yourself missing all the time with an elderly age group (Male 70-74).

We have a wonderful neighbourhood group covering about two blocks. Meet regularly, keep in contact, help each other. Makes all the differences (Female 75-79)

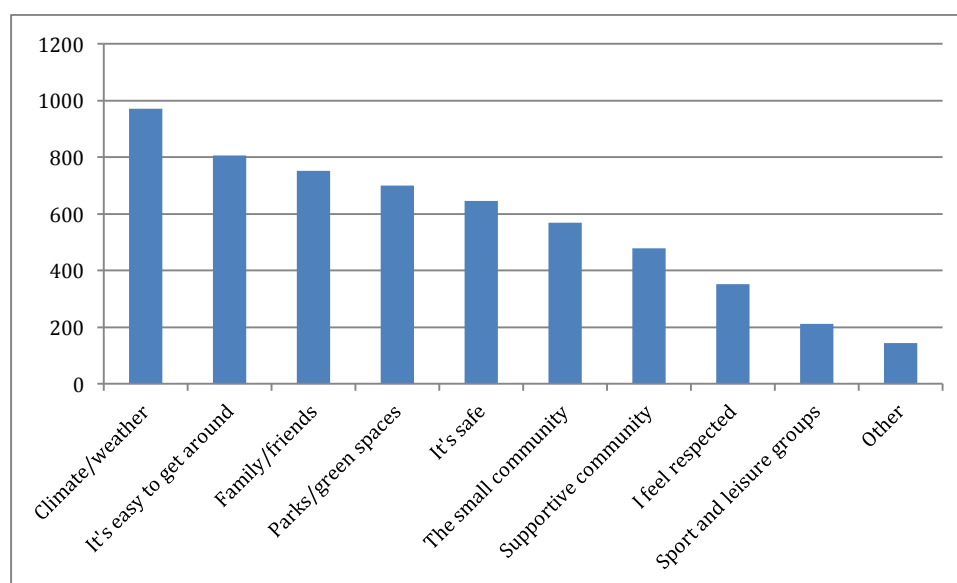
Living in our wonderful village is absolute paradise with 65 acres of gardens, swimming pool and numerous activities and great care givers, wonderful neighbours never been happier (Male 60-64).

What I like about Kapiti

Respondents were asked what they liked about living in Kapiti, selecting from a list of pre-determined choices. The top four responses were:

- Climate/Weather (81%)
- It's easy to get around (67%)
- Family and friends (63%)
- Parks/green spaces (58%)

Figure 35: What I like about Kapiti



Other comments regarding what people like about living in Kapiti included: access to the beach/sea, rivers, mountains, being close to Wellington, the environment/atmosphere.

The Kapiti Coast provides excellent opportunities for outdoor activities. My partner and I like the open spaces. We are never at a loss for something to do (Male 65-69).

Kapiti is a great place to live (Male 80-84).

I retired here - I love the environment and the friendly people (Female 80-84).

Close to the sea. Really important! (Female 70-74).

Community: other points of interest

Those who keep in touch with friends and family daily are more likely to report being 'very happy' or 'satisfied' than those who have the least contact

A few people mentioned concerns about being able to stay in their community, because of the cost of living, or due to a lack of facilities (medical and retirement). For example:

I have lived in Otaki all my life, am very sad that we don't have a retirement village here. When that time comes it will mean a move to Paraparamu or Waikanae (Female 65-69).

There is a small group of respondents who are more likely to experience poor health, have a disability or illness, and feel unhappy. They are more likely to have been victimised or intimidated. They are also less confident about their financial security and they generally have a lower standard of living. They are more likely to have gone without the "basics" due to a lack of money. They are less likely to get out socially as much as they want to, spend more time alone, and have less contact with friends and family. This group would seem to contain our most vulnerable mature residents, and those requiring the greatest support and assistance.

4.1.5 Other comments

Finally, respondents were asked whether they had any general comments. Many of the comments were positive, and echoed those about why people liked living in Kapiti, such as:

[I] wouldn't want to live anywhere else but beautiful Kapiti (Female 75-79).

The walks around Waikanae River estuary are lovely and so far for me very safe (Female 80-84).

This is really great place to live. We have everything you would have in a big city, but we don't have the hustle and bustle of getting around (Male 70-74).

Life in my retirement village suits me very well and provides me with friends, care when needed - all I require for a happy life (Female 85+).

Some of the comments suggested areas for improvements:

I would like more emphasis on cultural activities. I go into wellington for most of time. May be a performance arts culture would be a wonderful asset. Sport seems to be more important than culture (live theatre, ballet, opera) (Female 80-84).

[I suggest] wider use of community centre as a drop in centre to share talks and activities, stalls for groups to advertise and sell at (Female 65-69)..

There were many comments (positive and negative) about the local council, and in particular, rates:

I think the current council has done more for retired people than any previous council (Male 75-79).

We are very concerned about the continuing increase in rates which are well above inflation percentages. This will still affect us in the retirement village (Male 80-84).

KCDC are not at all mindful of the fact that a very large proportion of Kapiti are on fixed incomes (Male 75-79).

Others noted their concerns about the impending Kapiti expressway:

[I am] concerned for the impact of the expressway on the Kapiti community (most residents have no idea) Because of the commercialisation and industrialisation at the Kapiti area I intend moving away in the next 12 months (male 70-74).

The planned expressway could degrade enjoyment of living in Kapiti (Male 70-47).

Several mentioned the importance of good public transport:

Need for better public transport, especially to country areas. Rail services from Otaki to wellington and north to Palmerston North etc. A "flyer" bus service to the airport for overseas travel. Full time cheap taxi services in Otaki (Female 70-74).

Living so close to the Railway station is a real bonus also the Gold Card has made my life so much richer. I can go anywhere anytime. Thank you (Female 75-79).

No bus in our area. Concern for when I am unable to drive (Female, no age given).

5. What will happen as a consequence of the survey?

The survey will be used to identify what makes Kapiti a healthy and safe place and determine areas of need for mature residents. Along with other feedback and information, the findings will contribute to:

- Discussions with other agencies, community groups, local and central government to identify opportunities to respond to the issues raised.
- Advocating for mature residents on matters of concern, such as the small group of mature residents affected by poor health, social isolation, poverty, and victimisation.
- Helping organisations working with mature residents to better address their needs and interests.
- Identifying areas of focus for the agencies that sponsored this survey.
- Providing a basis for comparison in future surveys, allowing the identification of changes in views and issues over time.

GreyPower

The active organisation for over 50s

Survey for Mature Residents (over 50) - CONFIDENTIAL

Grey Power Kapiti in association with Age Concern, the Older Persons Council and the Red Cross are interested in the issues relevant to those over 50 in Kapiti. This confidential survey will be used to identify areas of need for mature residents in Kapiti and help us to represent your interests and concerns. This survey is based on the survey conducted by Upper Hutt City Council Community Services. It is available on its website.

All or some of this data may be supplied to the above organisations.

Please note, the survey is completely **confidential** and the information reported **does not** identify individual people.

PRIZE DRAW

One draw of **\$100** and 4 draws of **\$50** Complete the survey, enter your name and phone number and drop off at the library or Grey power office by 20th July 2013 to go in the draw.

ABOUT YOU

| | | | | | | | | |
|--|---|--|--|---------------------------------------|-------------------------------------|--------------------------------|--------------------------------|------------------------------|
| Gender: | <input type="checkbox"/> Male | <input type="checkbox"/> Female | | | | | | |
| The area you live in: (please tick the relevant box) | <input type="checkbox"/> Paekakariki | <input type="checkbox"/> Raumati South | <input type="checkbox"/> Raumati Beach | <input type="checkbox"/> Para Central | <input type="checkbox"/> Para Beach | | | |
| | <input type="checkbox"/> Para East | <input type="checkbox"/> Waikanae | <input type="checkbox"/> Te Horo | <input type="checkbox"/> Otaki | | | | |
| Age range in years: | <input type="checkbox"/> 50-54 | <input type="checkbox"/> 55-59 | <input type="checkbox"/> 60-64 | <input type="checkbox"/> 65-69 | <input type="checkbox"/> 70-74 | <input type="checkbox"/> 75-79 | <input type="checkbox"/> 80-84 | <input type="checkbox"/> 85+ |
| Ethnicity: | <input type="checkbox"/> European New Zealander | <input type="checkbox"/> Maori | Other: (please specify) | | | | | |

YOUR HOME

| | | | |
|--|--|--|--|
| Where do you live? (please tick the relevant box) | <input type="checkbox"/> My own home | <input type="checkbox"/> Private rental property | <input type="checkbox"/> Residential care/hospital |
| | <input type="checkbox"/> Retirement village | <input type="checkbox"/> Living with family | <input type="checkbox"/> Housing NZ property |
| | <input type="checkbox"/> Council Housing | Other: (please specify) | |
| How long have you lived in your present residence? | <input type="text"/> <input type="text"/> Years <input type="text"/> <input type="text"/> Months | | |
| Living Arrangements: I Live (tick as many boxes as apply) | <input type="checkbox"/> on my own | <input type="checkbox"/> with my Spouse/partner | <input type="checkbox"/> with my Son/daughter |
| | <input type="checkbox"/> with my Grandchildren | <input type="checkbox"/> with Parent(s) | <input type="checkbox"/> with other relatives |
| | <input type="checkbox"/> I am/have a Boarder | <input type="checkbox"/> Relatives live with me | <input type="checkbox"/> with carers |
| | <input type="checkbox"/> with other retirement village residents | | <input type="checkbox"/> with other residential care residents |
| | Other: (please specify) | | |

SAFETY - At Home

Do you feel safe in your home?

☐ All the time

☐ Most of the time

☐ Some of the time

☐ Rarely/never

If you do feel safe, what makes you feel safe in your home?

e.g. security latches, hand rails, neighbours, keeping my cell phone near etc.

.....

.....

.....

If you feel unsafe, what makes you feel unsafe in your home?

e.g. dark entrance, slippery path etc. neighbourhood environment?

.....

.....

.....

If you feel unsafe, what would help you to feel safer in your home?

.....

.....

.....

If you live alone what safety measures do you have?

(e.g. key with neighbour, personal alarm etc.)

.....

.....

.....

SAFETY - In Public

Do you feel safe in public spaces?

☐ All the time

☐ Most of the time

☐ Some of the time

☐ Rarely/never

If you feel safe, what makes you feel safe in public spaces?

e.g. good lighting, even footpaths etc.

.....

.....

.....

If you feel unsafe, what makes you feel unsafe in public spaces?

.....

.....

.....

If you feel unsafe, where do you feel unsafe in public spaces?

.....

.....

.....

If you feel unsafe, what would help you to feel safer in public spaces?

.....

.....

.....

SAFETY - Getting Around

What forms of transport do you use on a regular basis?
(tick as many boxes as apply)

- | | | |
|--|---|---|
| <input type="checkbox"/> I drive my own car | <input type="checkbox"/> I ride a scooter/motorbike | <input type="checkbox"/> I ride a bicycle |
| <input type="checkbox"/> I ride a mobility scooter | <input type="checkbox"/> I walk | <input type="checkbox"/> Driven by family/friends |
| <input type="checkbox"/> Wheelchair | <input type="checkbox"/> Taxi/Miss Daisy | <input type="checkbox"/> With carer |

Do you feel safe with the transport you use?

- ☐ All the time
 ☐ Most of the time
 ☐ Some of the time
 ☐ Rarely/never

If you feel unsafe, what makes you feel unsafe with the transport you use? e.g. traffic congestion speed of traffic etc.

.....

.....

.....

If you feel unsafe, what would help you to feel safer with the transport you use?

.....

.....

.....

YOUR WELLBEING

In general how would you describe your own health?

- ☐ Excellent
 ☐ Very good
 ☐ Good
 ☐ Fair
 ☐ Poor

Comment:

.....

Are you happy or satisfied with your life?

- ☐ Very happy
 ☐ Satisfied
 ☐ Not very happy
 ☐ Not at all happy

Comment:

.....

In general what helps to keep you well?

.....

Are you able to get to all of your medical appointments?

- ☐ Yes
 ☐ No

If not, what are the reasons?

- | | |
|--|---|
| <input type="checkbox"/> Cost of transport | <input type="checkbox"/> Suitable transport is not available |
| <input type="checkbox"/> Safety concerns | <input type="checkbox"/> Public transport is infrequent or inconvenient |
| <input type="checkbox"/> Poor health or disability | <input type="checkbox"/> Poor access |
| <input type="checkbox"/> Other: | |

Does a disability or chronic illness currently stop you from participating fully in work, housework, or daily activity?

- ☐ Yes
 ☐ No

If a disability or illness affects your ability to stay in your own home, what would help you to remain at home?

- ☐ Help with personal care (e.g. showering, managing medicines, etc)
☐ Equipment (e.g. hand rails, grips, medical alarm)
☐ Advice and support for the people you live with
☐ Help with household tasks
 ☐ Someone to visit you at home regularly
☐ If you provide care what would help you ie Respite from caring duties
☐ Other: (please explain)

Have you experienced any of the following in the last 12 months?

- | | |
|---|---|
| <input type="checkbox"/> Financial abuse (such as being the victim of a sales scam or over pricing) | |
| <input type="checkbox"/> Intimidation or violence in a public place by a stranger | |
| <input type="checkbox"/> Intimidation or harassment by a sales person/service person | |
| <input type="checkbox"/> Felt pressured to give financial assistance to a family member, friend or community | |
| <input type="checkbox"/> Felt pressured to provide non-financial assistance to a family member, friend or community | |
| <input type="checkbox"/> Family violence | <input type="checkbox"/> Age discrimination |
| <input type="checkbox"/> Been a victim of crime | <input type="checkbox"/> Computer scam |

What are the biggest concerns for you in Kapiti?

(Please rank in order of importance, with your most serious concern as 1, then 2, 3 etc. Rank as few or as many as you like)

- | | |
|----------------------------------|-----------------------------|
| Crime and anti-social behaviour: | Poor transport: |
| Poor Health: | Financial worries: |
| Loneliness: | Lack of exercise: |
| Depression: | Staying in your own home: |
| Elder abuse: | Substandard housing: |
| Boredom: | Alcohol or substance abuse: |
| Decreased personal independence: | Other: |

Tick the box if you know where to get advice in Kapiti on the following issues:

- | | |
|--|---|
| <input type="checkbox"/> Safety | <input type="checkbox"/> Transport |
| <input type="checkbox"/> Health | <input type="checkbox"/> Financial issues |
| <input type="checkbox"/> Social activities | <input type="checkbox"/> Home help |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Transport |
| <input type="checkbox"/> Housing | <input type="checkbox"/> Elder abuse |
| <input type="checkbox"/> Exercise | <input type="checkbox"/> Alcohol or substance abuse |

YOUR ECONOMIC SECURITY

What is your work status?

(Tick as many boxes as apply)

- | | |
|--|---------------------------------------|
| <input type="checkbox"/> Employed or self-employed | <input type="checkbox"/> Retired |
| <input type="checkbox"/> Looking for work | <input type="checkbox"/> Volunteering |
| <input type="checkbox"/> Studying | <input type="checkbox"/> Never worked |

What sources of income do you have?

Please indicate source:

- | | |
|--|--|
| <input type="checkbox"/> Employment | <input type="checkbox"/> Savings |
| <input type="checkbox"/> Investments | <input type="checkbox"/> Other NZ pensions (such as Veterans' pension) |
| <input type="checkbox"/> NZ Superannuation | <input type="checkbox"/> Govt. Superannuation Fund |
| <input type="checkbox"/> Overseas pensions | <input type="checkbox"/> Benefits |
| <input type="checkbox"/> Kiwisaver | <input type="checkbox"/> Other: |

Generally how would you rate your standard of living?

- | | |
|-------------------------------|-------------------------------------|
| <input type="checkbox"/> High | <input type="checkbox"/> Average |
| <input type="checkbox"/> Low | <input type="checkbox"/> Don't know |

How confident are you that you have enough income and accumulated savings to live comfortably during your retirement? (bearing in mind possible future changes to superannuation and entitlements)

- | |
|---|
| <input type="checkbox"/> Very confident |
| <input type="checkbox"/> Somewhat confident |
| <input type="checkbox"/> Not too confident |
| <input type="checkbox"/> Not at all confident |
| <input type="checkbox"/> Don't know |

Have you ever gone without the following because you didn't have enough money?

(tick as many boxes as apply)

| | |
|--|--|
| <input type="checkbox"/> Food | <input type="checkbox"/> Heating |
| <input type="checkbox"/> Doctors | <input type="checkbox"/> Prescriptions |
| <input type="checkbox"/> Dentist | <input type="checkbox"/> Clothing |
| <input type="checkbox"/> Transport | <input type="checkbox"/> Social activities |
| <input type="checkbox"/> Appliance repairs | <input type="checkbox"/> Hearing aids |
| <input type="checkbox"/> Insurance | <input type="checkbox"/> Household |
| <input type="checkbox"/> Maintenance | <input type="checkbox"/> Other: |

YOUR COMMUNITY

Are you able to get out and about to social activities as much as you would like?

| | |
|------------------------------|-----------------------------|
| <input type="checkbox"/> Yes | <input type="checkbox"/> No |
|------------------------------|-----------------------------|

If not, what are the reasons?

(tick as many boxes as apply)

| | |
|---|--|
| <input type="checkbox"/> Cost of transport | <input type="checkbox"/> Suitable transport is not available |
| <input type="checkbox"/> Public transport is infrequent or inconvenient | <input type="checkbox"/> Safety concerns |
| <input type="checkbox"/> Poor health or disability | <input type="checkbox"/> Other: |

Are you able to get out and about for your daily living needs e.g. grocery shopping?

| | |
|------------------------------|-----------------------------|
| <input type="checkbox"/> Yes | <input type="checkbox"/> No |
|------------------------------|-----------------------------|

If not, what are the reasons?

(tick as many boxes as apply)

| | |
|---|--|
| <input type="checkbox"/> Cost of transport | <input type="checkbox"/> Suitable transport is not available |
| <input type="checkbox"/> Public transport is infrequent or inconvenient | <input type="checkbox"/> Safety concerns |
| <input type="checkbox"/> Poor health or disability | <input type="checkbox"/> Other: |

How much of the day do you usually spend alone?

(Don't include the hours you are sleeping at night)

| | |
|---|--|
| <input type="checkbox"/> Less than 3 hours | <input type="checkbox"/> 3-7 hours |
| <input type="checkbox"/> 7-12 hours | <input type="checkbox"/> 12 - 15 hours |
| <input type="checkbox"/> More than 15 hours | |

How often are you in touch with close friends or family members who don't live with you?

| | |
|--|--|
| <input type="checkbox"/> Every day | <input type="checkbox"/> At least once a week |
| <input type="checkbox"/> At least once every two weeks | <input type="checkbox"/> At least once a month |
| <input type="checkbox"/> Less than once a month | |

Which of the following do you use to stay in touch with friends and family, find out information, or contact agencies (such as the power company)?

| | |
|---|---------------------------------------|
| <input type="checkbox"/> Landline/telephone | <input type="checkbox"/> Mobile phone |
| <input type="checkbox"/> Email | <input type="checkbox"/> Skype |
| <input type="checkbox"/> Facebook | <input type="checkbox"/> Postal mail |
| <input type="checkbox"/> Other: | |

How many clubs social organisations are you a member of?

How well do you know your neighbours?

| | |
|---|---|
| <input type="checkbox"/> Very well (On average, I talk to them most days) | <input type="checkbox"/> Well (I talk to them at least once a week) |
| <input type="checkbox"/> Somewhat (I talk to them about once a month) | <input type="checkbox"/> Not well (I hardly talk to them) |

Do your neighbours help you with tasks around the house such as collecting mail, changing light bulbs etc.?

☐ Yes

☐ No

What do you like about living in Kapiti?

(tick as many boxes as apply)

☐ Family/friends

☐ The small community

☐ It's safe

☐ It's easy to get around

☐ Parks/green spaces

☐ I feel respected

☐ Supportive community

☐ Climate/weather

☐ Sport and leisure groups

☐ Other

Is there anything else you would like to tell us?

ENTRY FORM:

Go in the draw to win one draw of **\$100** and 4 draws of **\$50**.

Simply complete the survey, fill in your name and phone number and drop the survey into one of the survey drop-off boxes by 20th July 2013 at the local library or post to **Grey Power, Private Bag 479, Paraparaumu**

Name:

Telephone Number: