Welcoming and Age Friendly Groups project

Engagement survey

[This template has been developed for you to copy and paste into your own Microsoft Word template as required. While all parts of this template can be modified to suit your needs, items in red have been highlighted to show where you might delete or amend text.]

|  |
| --- |
| Name: |
| Date: |
| Address: |
| Phone number: |
| Email address: |

|  |
| --- |
| Do you live alone? |

|  |
| --- |
| How many years have you lived in this local area?   * Less than one year * One to five years * Six to 10 years * 11 to 20 years * 21 to 30 years * 31 to 40 years * 40+ years |

|  |
| --- |
| How attached are you to this area?   * Very attached * Attached * Neither attached nor detached * Detached * Very detached |

|  |
| --- |
| How strongly do you feel a part of the local community?   * Very strongly * Strongly * Feel somewhat part of the community * Have no attachment to the community |

|  |
| --- |
| Do you have people in your life you consider to be friends (not including relatives)?   * Yes * No |

|  |
| --- |
| Excluding friends who live with you, how often do you have contact with a friend or your friends?   * Every day * A few times a week * Once a week * Once or twice a month * Every two to three months * Every four to five months * Once or twice a year * Less than once a year |

|  |
| --- |
| By what means do you keep in contact with your friends? (Multiple responses possible)   * See them * Speak on phone * Skype * Write * Email * Text on phone (SMS) * Facebook |

|  |
| --- |
| How many of your friends would you say you currently have a close relationship with? Please write number: |

|  |
| --- |
| How often do you chat with your neighbours?   * On most days * Once or twice a week * Once or twice a month * Once every two to three months * Occasionally * Rarely * Never |

|  |
| --- |
| Over the last 12 months, have you been actively involved in any community groups or taken part in an activity they have organised?   * Yes * No |

|  |
| --- |
| Has your level of participation in community groups changed over the last 12 months?   * Participation has increased * Participation has decreased * Participation has remained about the same |

|  |
| --- |
| If participation has increased/declined:  Why has your participation changed over the last 12 months?  What are the reasons you have not been actively involved in any community groups in the last 12 months?  (More than one response possible)   * No transport * Financial reasons * No one to go with * No groups in the local area that I know of * Full time carer * Partner does not approve * Not convenient * Not interested * No time * Language is a barrier * Health reasons * Other (please specify)   If you ticked more than one reason above can you please answer the next question. |

|  |
| --- |
| If you ticked more than one box in the previous question:  What is the main reason you have not been actively involved in any social groups or taken part in any activities they organised?   * No transport * Financial reasons * No one to go with * No groups in the local area * Full time carer * Partner does not approve * Not convenient * Not interested * No time * Language is a barrier * Health reasons * Other (please specify) |

What activities do you participate in, and how often?

| Activity | Once a week | Once a fortnight | Once a month | Every two to three months | Every four to five months | Once or twice a year |
| --- | --- | --- | --- | --- | --- | --- |
| Looking after grandchildren |  |  |  |  |  |  |
| Going to doctor |  |  |  |  |  |  |
| Visit library |  |  |  |  |  |  |
| Go to church |  |  |  |  |  |  |
| Travelling |  |  |  |  |  |  |
| Exercise (walking, running, swimming) |  |  |  |  |  |  |
| Walking the dog |  |  |  |  |  |  |
| Play pokies |  |  |  |  |  |  |
| Shopping (other than grocery shopping) |  |  |  |  |  |  |
| Spectator at sports |  |  |  |  |  |  |
| Eating out |  |  |  |  |  |  |
| Attend theatre/cinema |  |  |  |  |  |  |
| Attend community centre |  |  |  |  |  |  |
| Attend fetes, shows, festivals |  |  |  |  |  |  |
| Internet social activity |  |  |  |  |  |  |
| Other (please specify) |  |  |  |  |  |  |

|  |
| --- |
| How satisfied do you feel with your level of community involvement and connectedness?   * Very satisfied * Satisfied * Neither satisfied or dissatisfied * Dissatisfied * Very dissatisfied |

|  |
| --- |
| How satisfied do you feel with your level of involvement and contact with family and friends?   * Very satisfied * Satisfied * Neither satisfied or dissatisfied * Dissatisfied * Very dissatisfied |

|  |
| --- |
| In general, would you say your health is excellent, very good, food, fair or poor?   * Excellent * Very good * Good * Fair * Poor |

We would like to ask you about your quality of life. Here is a list of statements that people have used to describe their lives or how they feel. How often do you feel like this?

Sometimes = 1, not often = 2, never = 3, often = 4

|  |  |
| --- | --- |
| Statement | Score |
| My age prevents me from doing the things I would like to do |  |
| I feel that what happens to me is out of my control |  |
| I feel free to plan the future |  |
| I feel left out of things |  |
| I can do the things I want to do |  |
| Family responsibilities prevent me from doing what I want to do |  |
| I feel that I can please myself what I do |  |
| My health stops me from doing the things I want to |  |
| Shortage of money stops me from doing the things I want to do |  |
| I look forward to each day |  |
| I feel that my life has meaning |  |
| I enjoy the things I do |  |
| I enjoy being in the company of others |  |
| On balance, I look back on my life with a sense of happiness |  |
| I feel full of energy these days |  |
| I choose to do things that I have never done before |  |
| I feel satisfied with the way my life has turned out |  |
| I feel that life is full of opportunities |  |
| I feel that the future looks good for me |  |

|  |
| --- |
| How do you like to spend your time? |

|  |
| --- |
| What are your current interests? |

|  |
| --- |
| Do you have any previous interests that you no longer pursue? |

|  |
| --- |
| Do you enjoy socialising? Provide a score from 1 to 5. |

|  |
| --- |
| How would you like to use your experience or interests to re-engage with the community? |

|  |
| --- |
| Are there reasons out of your control that affect your ability to join in with community groups/clubs? |

|  |
| --- |
| What are the reasons that you are not currently engaging with the community? |

**Lubben social network scale**

Please give a score for each question.

None = 0, one = 1, two = 2, three or four = 3, five to eight = 4, nine or more = 5

|  |
| --- |
| **Family** (considering the people to whom you are related by birth, marriage, adoption etc. |
| How many relatives do you see or hear from at least once a month? |
| How many relatives do you feel at ease with that you can talk about private matters? |
| How many relatives do you feel close to such that you could call on them for help? |
| **Friendships** (considering all of your friends including those who live in your neighbourhood) |
| How many of your friends do you see or hear from at least once a month? |
| How many friends do you feel at ease with that you can talk about private matters? |
| How many friends do you feel close to such that you could call on them for help? |

|  |
| --- |
| **[Delete this section when transferring to your own Microsoft Word template]** |
| This template has been provided with the support and permission of Latrobe City Council. |