

55 or over?

Want to increase your health, happiness and belonging?

Community Connection is a non-profit agency leading a Seniors Project in Simcoe County. We are developing programs and services to meet the needs of older adults and need your input.

Research shows that being socially connected increases physical and mental health, increases life expectancy and reduces risk of dementia.

Life's circumstances can sometimes lead a person to be less involved in the community than they want, and we are working towards building our community to help those older adults be more connected.

We value older adults and want each of them to enjoy good health, happiness and belonging.

This project is led by Community Connection/211 and guided by community members and service providers.



Survey Instructions:

Please complete this 10-minute survey before September 30, 2021 and **return to:**

**Community Connection/211
199 Campbell Street
Collingwood, ON L9Y 4J9**

Feel free to skip any questions you don't want to answer.

Your feedback will remain anonymous, however, you have an option to provide your name and contact information, (which will be kept confidential), for:

- Entry into a prize draw
- Needing assistance completing survey
- Willingness to participate in future focus groups

All survey answers will be organized together and will not be associated with any names provided.

If you need assistance to complete this survey or if you have any questions, contact Debbe at 705-444-0040 ext. 246 or email survey@communityconnection.ca.

At the end of the survey, you have the option to submit your name into a draw for one of three gift cards valued at \$50.

1. Please check the applicable box below to complete this sentence, I am:

- An older adult (55+)
- A caregiver on behalf of an older adult citizen
- A health service provider on behalf of an older adult
- A family member on behalf of an older adult
- An interested citizen on behalf of an older adult
- A volunteer that works with older adults
- Other (please specify)

2. What town/township do you live in?

3. How often did you/do you have contact (in person or on the telephone) with adult children, relatives, neighbours or friends that you do not live with?

Before COVID

- 5 times or more per month
- 1-4 times per month
- Less than once per month
- Never

During COVID

- 5 times or more per month
- 1-4 times per month
- Less than once per month
- Never

4. Before COVID, how often did you engage in social activities? (i.e. visit a friend, go to a club or church, volunteering, cultural activities, etc.)

- 5 times or more per month
- 1-4 times per month
- Less than once per month
- Never

5. If you were socially active before COVID, how confident do you feel you will return to your social activities when it is safe to do so?

- Not confident at all
- Not too confident
- Somewhat confident
- Very Confident
- Not applicable, I was not socially active before COVID

6. *If you answered, 'Not confident at all' or 'Not too confident' to the previous question, can you explain why?*

7. *Are you as socially active as you would like to be?*

- Yes
- No

8. *If you answered 'No' how could the community help you become more socially active? (Click all that apply)*

- Reduce the cost of social activities
- Increase the variety of social activities that would be of interest to you
- Increase access to convenient and accessible transportation to activities
- Increase access to affordable transportation
- Have more activities/volunteer opportunities close to your home
- Increase the amount of culturally appropriate programs/activities
- Better advertising of current programs and activities happening in your area
- Provide support to you as a caregiver, to arrange time for you to participate in social activities
- Provide more programs, or advertise programs that are accessible for people with mobility/hearing/visual restrictions
- None of the above, I am as socially active as I want to be

Other ways the community could support you to become more socially active (please specify).

9. *Do you feel as an older adult that you have a sense of belonging in the following groups? (Check all that apply)*

- With your friends
- With your family
- Within your community (i.e., faith family, cultural groups, retirement circle etc.)
- Within your neighbourhood (i.e., library, bank tellers, grocery store clerks, etc.)
- With the health care system (i.e., providers, caregivers, pharmacist, etc.)

10. *Do you think there are a variety of volunteer opportunities for older adults in your community?*

- Yes
- No
- Don't know

11. *Do you think there are a variety of social activities offered for older adults in your community?*

- Yes
- No
- Don't know

12. *Do you think there are a variety of paid work options available for older adults in your community?*

(i.e., mentorships, internships, teaching, consulting)

- Yes
- No
- Prefer not to say

13. *If the following activities were of interest to you, would you participate?*

Volunteer Opportunities

- Yes
- No
- Prefer not to say

Social Opportunities

- Yes
- No
- Prefer not to say

Paid Work Opportunities

- Yes
- No
- Prefer not to say

14. *What types of social activities/events would you like to see more of? (Check all that apply)*

- Arts/Crafts
- Social/Entertainment/Games
- Faith/Spirituality
- Traditional healing
- Cultural (i.e., beading, music, plays)
- Educational/Learning
- Exercise/Sports
- None of the above, I am satisfied with the types of activities that are available to me.
- Other social activities you would be interested in that are not listed (please specify)

15. Do you feel you could find information easily about social activities and programs in your community?

- Yes
- No
- Not sure, never tried

16. What is the best way for you to get information about activities and programs running in your area? (Check all that apply)

- Newspaper
 - Internet/Websites
 - Community social activity calendars
 - Radio
 - Library
 - Television
 - Family/Friend/Neighbour
 - Faith Group/Church
 - Billboards/Posters
 - Social Media (Facebook, Instagram)
 - Other (please specify)
-
-
-

17. Computer and Internet

Do you have access to a computer or tablet?

- Yes
- No

Do you have access to the internet?

- Yes
- No

18. How important are the following items to you?

Using the computer & internet to connect with family and friends

- Very important
- Somewhat important
- Not very important
- Not important at all

Using the computer & internet to seek out and join social activities

- Very important
- Somewhat important
- Not very important
- Not important at all

Using the computer & internet to seek out and join volunteer opportunities

- Very Important
- Somewhat important
- Not very important
- Not important at all

Learning more about the computer and internet to be socially engaged

- Very Important
- Somewhat important
- Not very important
- Not important at all

19. Are you aware that dialing 2-1-1 for non-emergency services can help connect you to community and social services in your area? (i.e. volunteer opportunities, community programming, crisis lines, food security, financial assistance, legal help, basic personal/household needs)

- Yes
- No

20. Are you aware that you can access a confidential and free Senior Safety line (1-866-299-1011) that is available 24hrs a day, 7 days a week and can provide you with information, referrals, and support in over 150 languages for older adults experiencing abuse?

- Yes
- No

21. Research suggests that people who live alone are at greater risk of being isolated. Can you tell us a little bit about your living arrangement?

- I live with my partner/spouse
 - I live with my child/children
 - I live alone
 - Other living arrangements
-

22. What is your age range (or the age range of the older adult you are completing this survey for)?

- Under55
- 55 - 60
- 61- 65
- 66 - 70
- 71- 75
- 76 - 80
- 81+
- Prefer not to say

23. How do you self-identify?

- Male
 - Female
 - 2S-LGBTQ+
 - Prefer not to say
 - Other (please specify)
-

24. Do you self-identify as Francophone?

- Yes
- No
- Prefer not to say

25. Which of these groups best describes you?

Choose one or more.

- Prefer not to say
- White
- First Nations/Metis/Inuit
- South East Asian
- South Asian
- West Asian (e.g., Iranian, Afghan, etc.)
- African
- Caribbean
- Black Canadian
- Korean
- Chinese
- Japanese
- Latin American
- Filipino
- Arab
- Other (please specify)_____

26. How did you hear about this survey?

- Newspaper
- Friend/Family/Neighbour
- On-line website
- Pharmacy
- Library
- Radio
- Agency I am connected to
- Other_____

27. Are there any additional comments you would like to share? _____

28. Would you be interested in participating in older adult focus groups to discuss solutions to increase social engagement for older adults?

- Yes
- No

29. If yes, please provide your contact information so we may contact you for the focus groups.

Name _____

Email Address _____

Phone Number _____

30. Do you wish to be entered into a draw?

- Yes
- No

31. If yes, please provide your contact information so we can contact you if you are a prize winner. Good Luck!

Name _____

Email Address _____

Phone Number _____

THANK YOU for completing this survey.
Your feedback is greatly appreciated!