



Age Friendly interagency survey report

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Data collected Dec 2020

Demographics

The mean age of the respondents is 73 (Standard Dev =9), the youngest is 47, and the oldest is 100, the most common age is 78, the number of participants who have indicated their age is 207 over a total of 244.

Of those who responded 66% (n=129) are female, 33% (n=64) are male and 3 people preferred not respond.

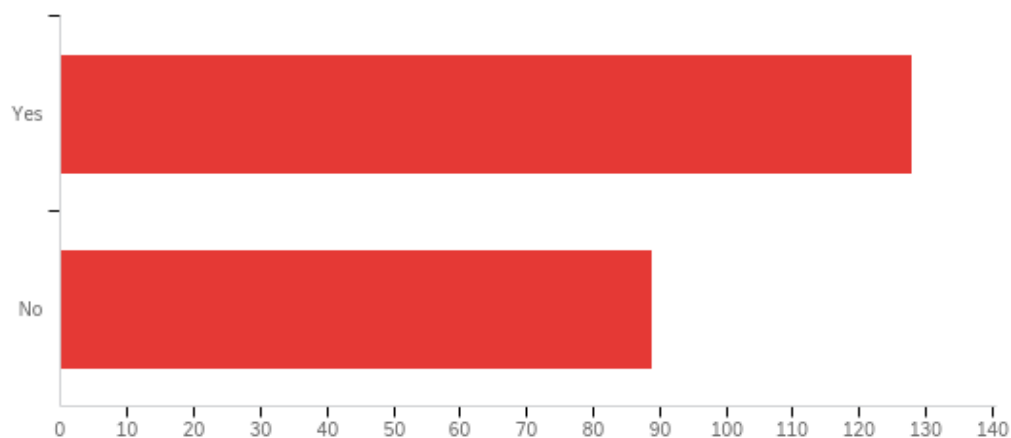
Areas of the city [as reported by participants]:

Aghada (1 part), Ballinhassig (2), Ballincollig (14), Ballinlough (4), Ballintemple (1), Ballypheane (6), Ballyvolane (1), Beaumont (2), Bishopstown (8), Blackpool (3), Blackrock (5), Blarney (3), Blarney Street (3), Carrigaline (1), Churchfield (2), Cork city (10), Churchfield (2), Coachford (1), Cobh (1), Curraheen (2), Dillons Cross (2), Douglas (12), Fairhill (6), Farranree (7), Friars Walk (2), Glanmire (15), Glasheen (1), Glen (3), Greenmount (4), Gurrabraher (1), Hollyhill (7), Knocknaheeny (6), Magazine Road (1), Mahon (11), Mayfield (4), North Side (12), Ovens (1), Pouladoff (1), Rochestown (1), Shandon (2), Silversprings (1), Skehard Road (1), South Side (2), St. Luke's (3), Sundays Well (1), The Lough (1), Tivoli (1), Togher (6), Turners Cross (5); Waterfall (2), Wellington Road (1), West Cori (1), Wilton (5), Youghal (1)

Phone - internet

- 1) Almost 2/3 (64%) of participants have a house phone, while approximately 1/3 does not;
- 2) 93% has a mobile phone (only 16 participants do not)
- 3) There is a slight majority with internet access 59% and 41% without access

QID12 - Do you have internet access at home (on your phone or computer or tablet)?
(numbers in figure represent counts)



Living conditions

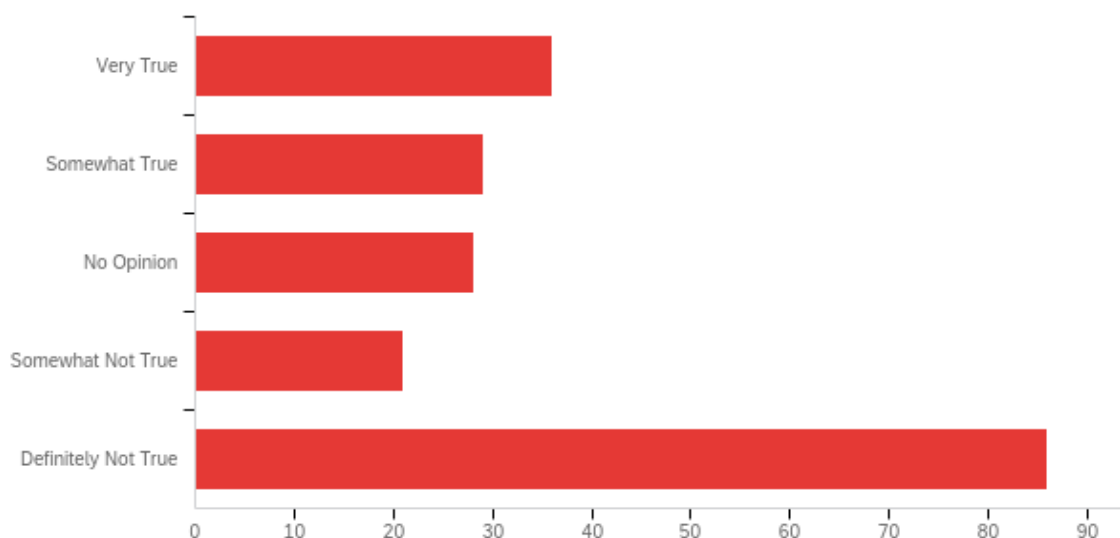
- 1) 55% lives alone, while 45% lives with someone else

- 2) The vast majority has a garden or access to a green area (93%)
- 3) The majority has family or friends in the neighborhood (81%), although a significant minority does not (19%, ie 42 people)
- 4) The majority has someone to go shopping if they can't (91%), although some do not (20 people)

Activities they would like to take part in

- 1) 43% is not interested at all in live online activities, or not much 11%, although 18% is very interested and 15% is somewhat interested (total with interest=65), so there is a significant minority interested, although most people are not

QID8 - Please tell us if the statements below apply to you: I would like to take part in live online classes or fun activities where I can meet other people who take the class at the same time (e.g. exercise, crochet or mindfulness) (numbers in figure represent counts)



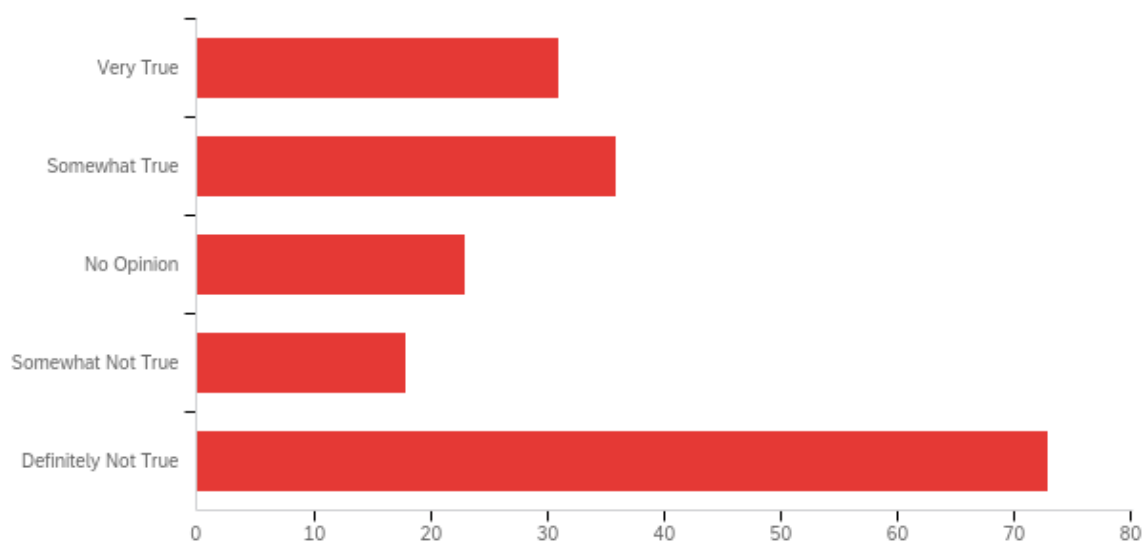
Breakdown by internet access

QID12: Do you have internet access at home (on your phone or computer or tablet)?		
Activity live online question	Yes	No
Very True	23.0%	7.9%
Somewhat True	16.4%	13.2%
No Opinion	16.4%	10.5%
Somewhat Not True	9.0%	13.2%

QID12: Do you have internet access at home (on your phone or computer or tablet)?		
Activity live online question	Yes	No
Definitely Not True	35.2%	55.3%

- 2) Similar picture for online classes or fun activities that can be accessed via internet and done by the respondent in his/her own time (37% are very interested or somewhat interested, 40% not at all interested)

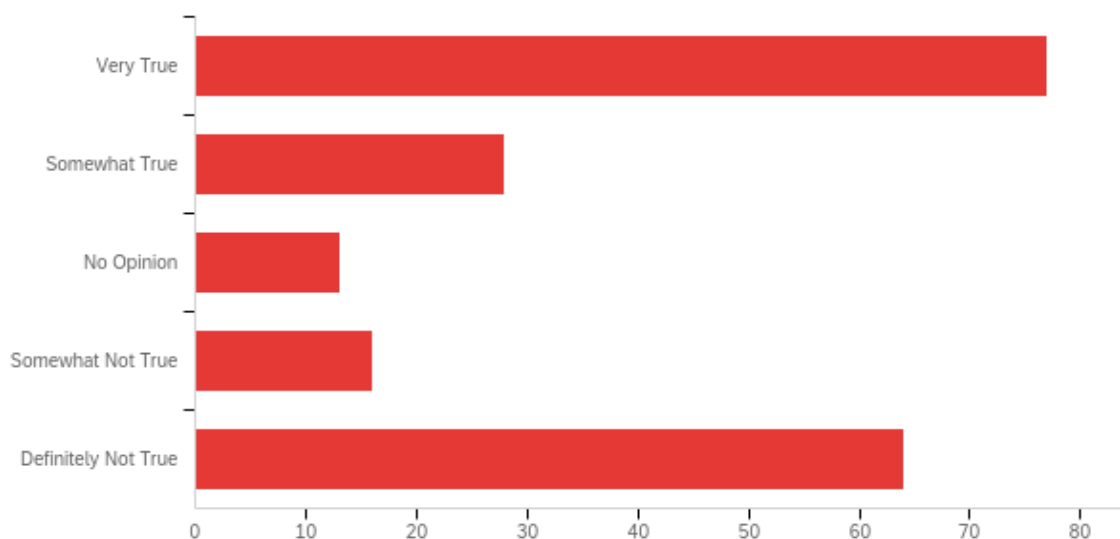
QID17 - I would like to take part in online classes or fun activities that I can access at any time and I can do them by myself (e.g. exercise videos or other activities) (numbers in figure represent counts)



QID12: Do you have internet access at home (on your phone or computer or tablet)?		
Activity online not live	Internet Yes	Internet No
Very True	22.9%	7.1%
Somewhat True	25.7%	11.4%
No Opinion	11.9%	14.3%
Somewhat Not True	9.2%	11.4%
Definitely Not True	30.3%	55.7%

3) The activity pack is more popular, with over half the participants (53%) being very interested or somewhat interested in getting such an activity pack, although 40% is not interested.

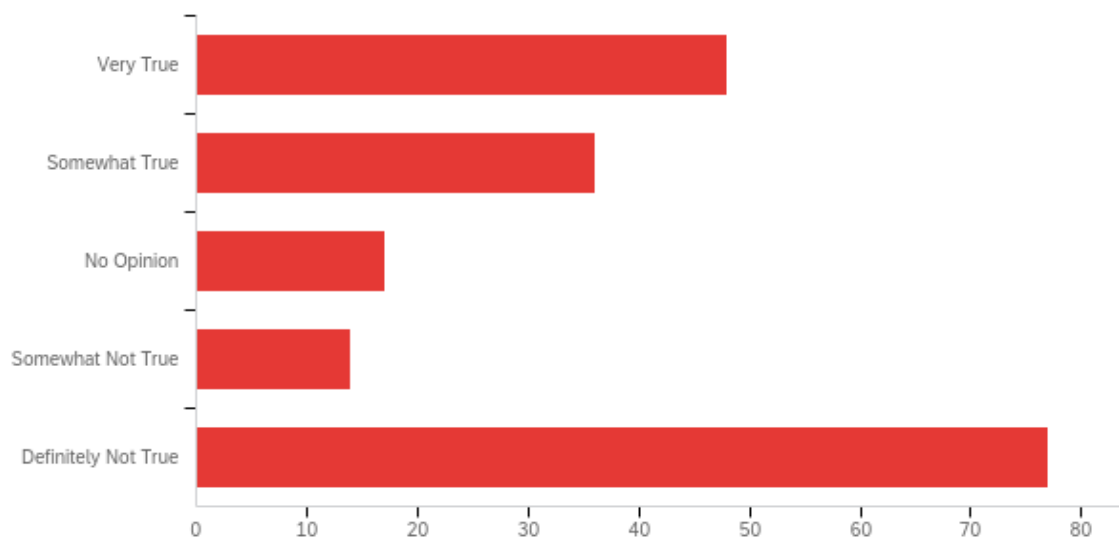
QID18 - I would like to have an activity pack with instructions sent to me (e.g. exercise, crochet, mindfulness; etc.) and then do the activity in my own time (numbers in figure represent counts)



Activity pack	Internet Yes	Internet No
Very True	43.3%	30.7%
Somewhat True	15.0%	12.0%
No Opinion	6.7%	6.7%
Somewhat Not True	6.7%	10.7%
Definitely Not True	28.3%	40.0%

4) As to a mentor ringing once a week to see how the person is getting on with the activity again there is a similar pattern with just 43% wanting that and just under 50% not.

QID19 - I would like to do the activity in my own time with a mentor phoning me once a week to see how I am getting on:



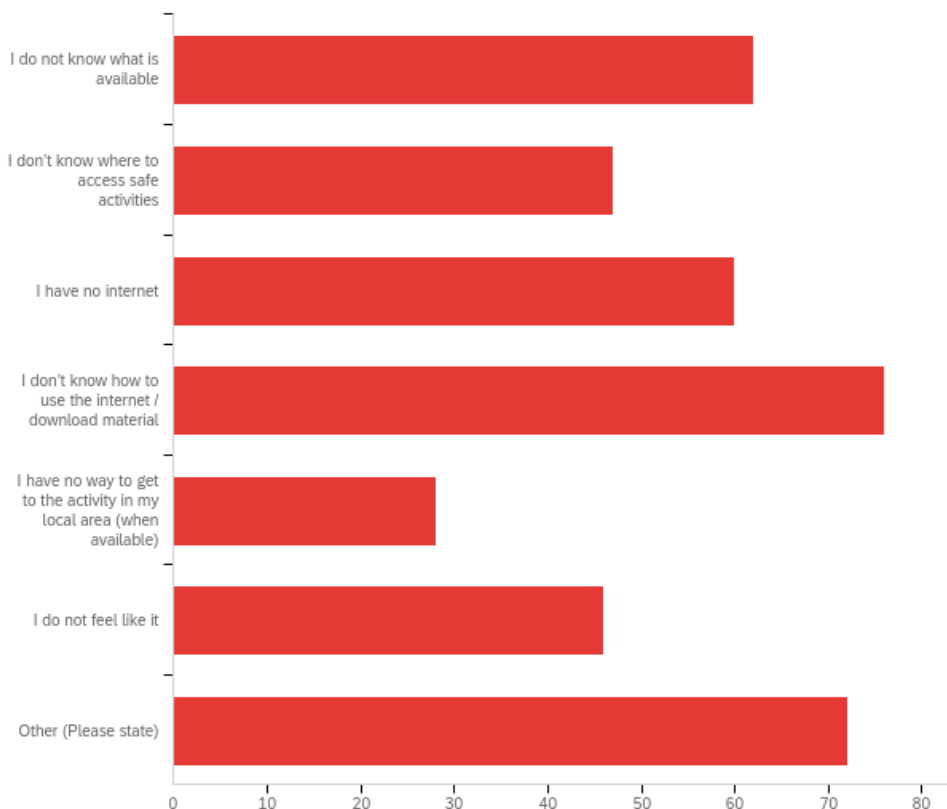
Activity & mentor	Internet Yes	Internet No
Very True	26.1%	21.6%
Somewhat True	20.0%	16.2%
No Opinion	11.3%	6.8%
Somewhat Not True	7.0%	8.1%
Definitely Not True	35.7%	47.3%

Q20-Main obstacles keeping you from doing activities now? (more than 1 option allowed)

This is a multiple choice question with more than one option allowed,

-19% of responses (**not of people, as one person picks more than one option**) indicates that 'they do not know how to use internet/download material', 16% indicates they do not know what is available, followed by 'I have no internet' 15%, 'I do not feel like it' (12%) and 'I don't know where to access safe activities' (12%)

QID20 - Please choose the options that applies to you (that is true for you) (select more than one if you wish). What are the main obstacles keeping you from doing activities now? (respondents can pick more than one option) (numbers in figure represent counts)



and 18% (**72 responses**) of pool of responses (301) indicated other reasons, among those reasons there are the some themes:

- most frequent 'other reason' is **health-related issue** eg arthritis, poor mobility, poor health, poor eyesight, stroke, unsteadiness, broken wrist, not being well.
- activities **not available due to Covid-19**.
- some people are **already engaged** in activities or walk as their activity
- one person suggested a **brochure** with contacts of relevant people for activities, like a brochure
- one person mentions **being afraid** of going out by themselves
- **lonely**
- **not driving**
- **being a carer**
- one person mentions **LGBT+** friendly activities
- one person mentions **wheelchair** accessibility
- there is mention of **lack of internet or lack of available activities**

Breakdown by gender

QID28: What is your gender?			
Obstacles question	Male	Female	Prefer Not respond
I do not know what is available	26.6%	28.7%	100.0%
I don't know where to access safe activities	18.8%	21.7%	100.0%
I have no internet	25.0%	30.2%	0.0%
I don't know how to us...t / download material	32.8%	37.2%	0.0%
I have no way to get t...area (when available)	6.3%	14.7%	100.0%
I do not feel like it	26.6%	14.7%	0.0%
Other (Please state)	37.5%	31.8%	66.7%

Q22 Open question on what Age Friendly Cork can do to help getting through COVID-19 pandemic in good form this Winter

The theme emerging the most is **the need for getting in touch with people**, a phone call featuring as high 'conversation' 'friendly call everyday' 'keep in touch with older people', call, cuppa together, one mentions 'a spin' 'exercise or walk in a public park' (with social distancing, 'go for a walk with a mentor meet for a cuppa' 'activities on the green?'

- **walking** groups were also mentioned by few people as well as parks and equipment for **outdoors** activities and promoting exercise

- people mention letters and '**postal correspondence**' and one mentions 'something to open' 'send people good messages'

- several people mention **to advertise initiatives to look forward to** ‘Let us know of future plans for safe activities so we can look forward to them ‘All going well have a tea party in a City hall during the summer to celebrate our lives ‘
- several also mention newsletter (‘‘keeping us informed ‘), more **information** in general and on Covid-19 specifically, or on Age Friendly ‘More information about Age Friendly Cork City ‘
- opening the churches
- potential for activity packs: mentioned **crosswords, jigsaws and art work.**

Q23 Preferred method for engaging

The vast majority prefers the phone or a text message (84%), email is the second most preferred method (13%), only 3 people indicate a nominated person and 2 WhatsApp or other social media

Q30 Do you have someone to talk to if you worry about the COVID-19

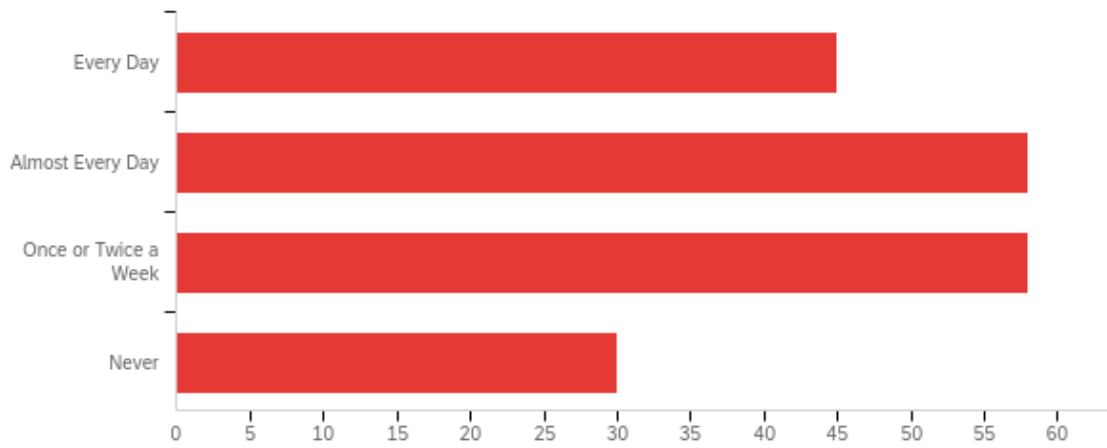
The majority has someone to talk to 90%, although 19 said that they do not, when breaking down the WHO Wellbeing by the answer to this question they do not appear to be related, so most people have someone to talk to about Covid-19 but that has not positive or negative impact on their overall wellbeing

201 participants continued with the rest of survey

Q31 Activities in the past two weeks

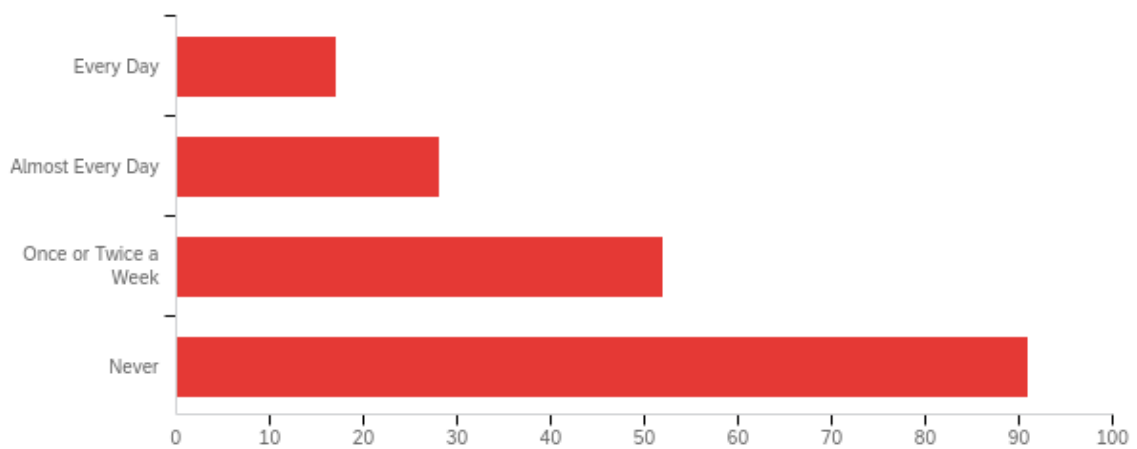
- The majority of respondents goes for a walk every day or almost every day (54%), 30% goes one or twice a week and 16% never goes for a walk.
- Almost half of respondents do not do strengthening exercises (48%), 28% do one or twice a week and 23% does every day or almost every day.

QID31 How often do you go out for a walk? (numbers in figure represent counts)

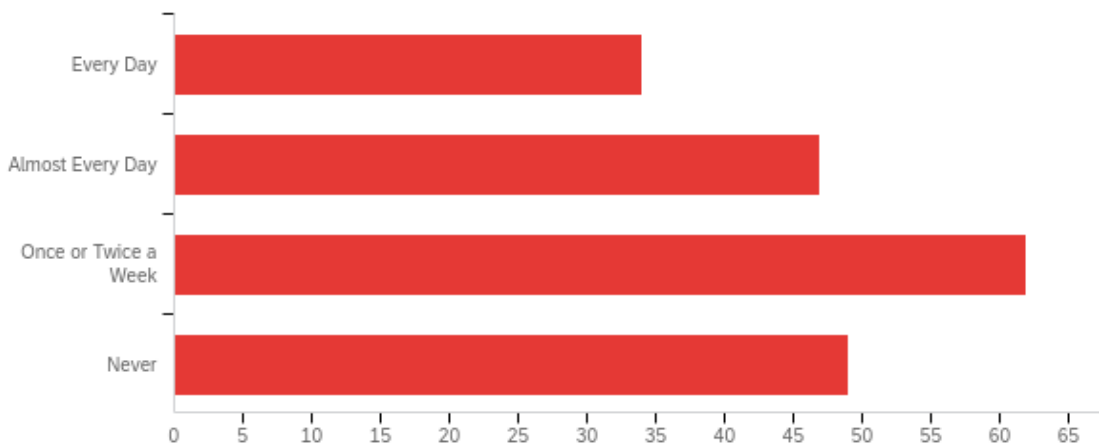


QID28: What is your gender?			
Total	Male	Female	Prefer Not respond
Every Day	29.3%	19.8%	0.0%
Almost Every Day	37.9%	28.1%	100.0%
Once or Twice a Week	22.4%	33.1%	0.0%
Never	10.3%	19.0%	0.0%

QID32 How often you do strengthening exercises (e.g. for your balance)?



QID33 - How often do you go outdoors to a park (or greenway, or green space)?

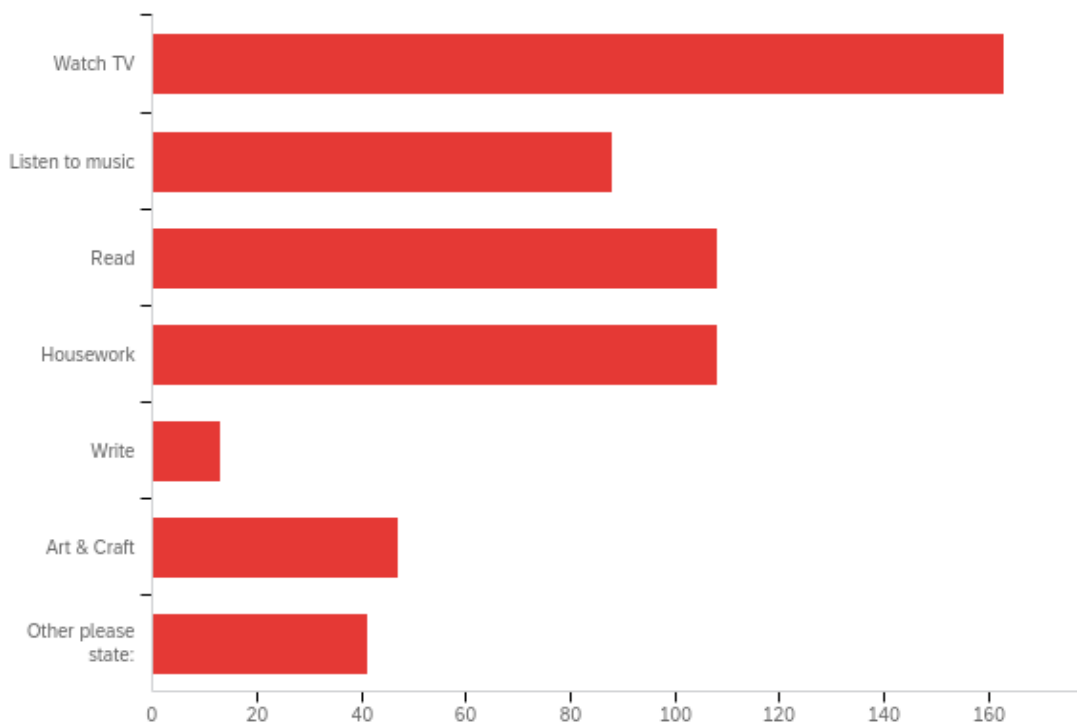


Watching TV is the preferred activity both for those who do or do not do strengthening exercises, with a slightly higher % for those who do not do them regularly (but number of people that do is very low!)

- There is a spread in how often respondents go outdoors in the park or greenway, 42% goes out everyday or almost every day, 32% goes out once or twice a week and 26% (49 people) never go out for walk in a green area.

For those that go outdoor in green areas every day, the preferred activity is watching TV followed by housework but also listen to music or read; this is similar to those who do not go out often, with watching TV, read and house work being the three most preferred

QID34 - What do you do when you are at home? Please circle your favourite options:



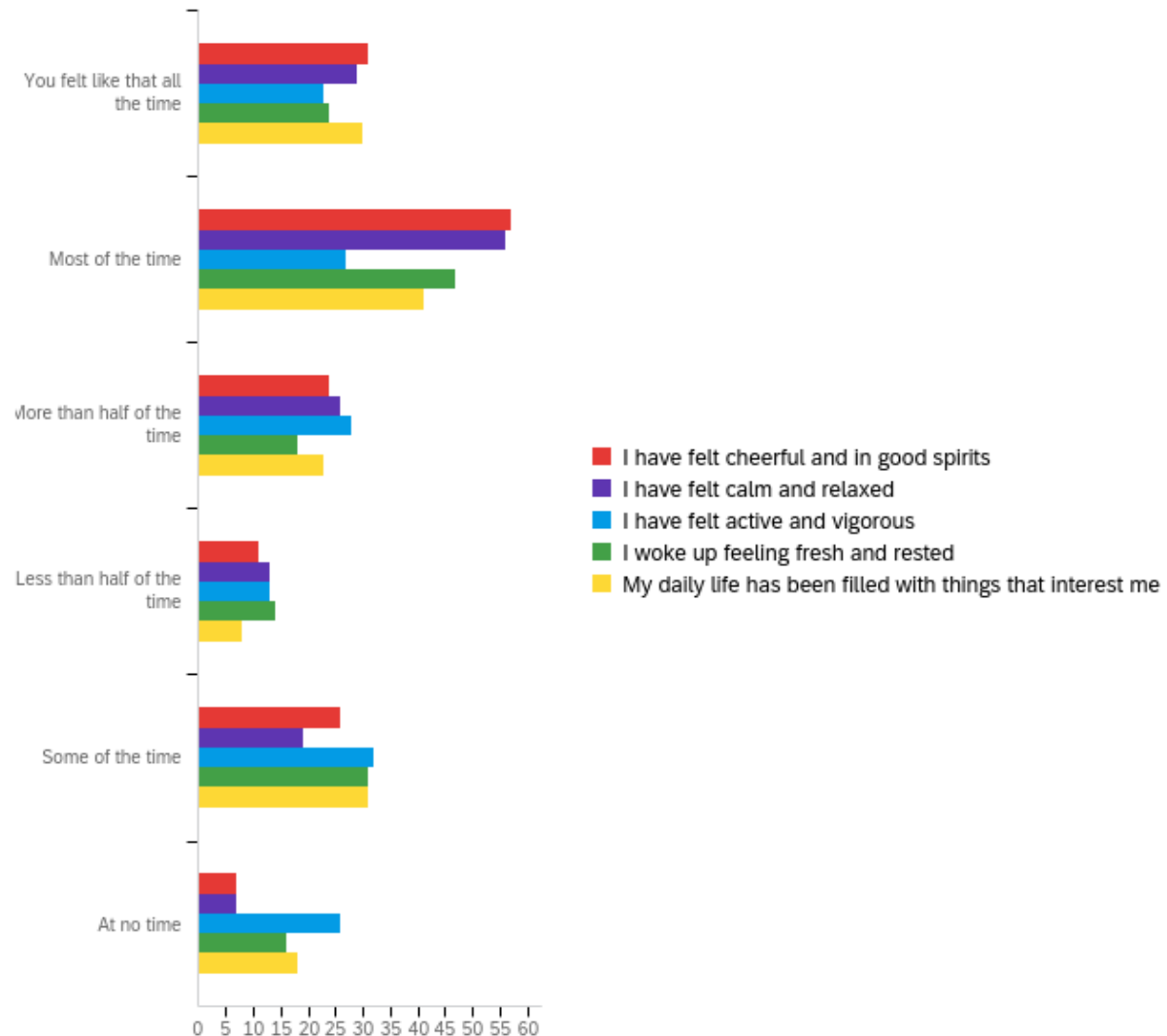
- The preferred activity when at home is watching TV (29%), followed by reading (19%) and housework (19%), gardening, knitting are most often mentioned as other activities, two people mention phone games and online Poker, some people mention walking. Baking/cooking was mentioned frequently and one mentions that religious services should have been included.

Q 35 WHO well-being survey

The % below are calculated over the number of people who responded to that particular question:

- 'I have felt cheerful and in good spirits' the majority indicates all the time or most of the time (53%), with 17% stating that they have felt like that more than half of the time while another 17% said they did some of the time and 4% at no time.
- 'I have felt calm and relaxed' again the majority (54%) felt like that all the time or most of the time, although 10% felt like that less than half of the time, some of the time (14%) or 5% at no time (9 people).
- 'I have felt active and vigorous' , 31% feels that way all the time or most of the time, while a significant amount of respondents felt like that some of the time (24%) or at no time (17%), which combines to over 40%.
- Similarly 'I woke up feeling fresh and rested' was indicated as all the time or most of the time for the 44%, while the 34% indicated some or at no time
- For 'my daily life has been filled with things that interest me, with all the time and most of the time at 45% and 31% indicating some of the time or at no time.

QID35 - How are you? We want to find out how people are feeling at the current time. Please choose which of the five statements is closest to how you have been feeling in the past two weeks:



Q39 This question pertains other suggestions and it is an open answer,

The main themes emerging are:

- company, socialization opportunities and the Centres
- a 'real' person to talk to, not just a phone number
- several people mention help with the computer, one states that it should be not in a patronizing way

Commentary, suggestions and actions?

- Continuing the phone calls and contact with the local CDP and support groups in the community is the most common suggestion.
- Several mention a need for reviewal of restrictions and allowing the day centers and pubs to open with the ability for social distancing for short spells to let friends meet up.
- A few mention the benefit of being sent an activity pack would have. Things like music tapes, photographs puzzles etc would help them structure and fill their days.
- Several mentioned being taught how to properly use a computer and the internet also.