

# HELPING PEOPLE GROW OLD AND LIVE WELL IN THE HOWICK COMMUNITY

**We invite you to complete this short (5 minute), confidential survey as we explore the concept of creating a community where people can grow old and live well. To say thanks, you'll go in the draw to WIN a \$50 Countdown card!**

- Do you, or someone you know, want to stay living in the local community as you grow older?
- Do you want to remain socially active and connected, and participate in your community even if you have some ill health or a disability?
- How can we assist our local community to become an age-friendly place where everyone is known and welcome?

This survey is open to *all* who are interested in the well-being of our community, whether you consider yourself to be an older person or not.

**This survey is confidential and completely anonymous.**

**Loneliness is now understood to be a major health issue affecting older people, both physically and psychologically.**

HBH Senior Living (previously Howick Baptist Healthcare) and East Health Trust Primary Health Organisation (PHO) have teamed up to explore whether the establishment of a "Village without Walls" in the Howick area would support people in Howick to overcome loneliness and social isolation.

The Village without Walls @ Howick aims to create a network of people, young-old and old-old who can support each other to age well. The Village without Walls @ Howick will not duplicate services that already exist, but assist people to connect with services, fill gaps where there are no services, and most importantly, create new networks of friendship and support for older people who need them. You can find out more at [www.hbh.org.nz](http://www.hbh.org.nz).

**You can complete this survey online at <https://www.surveymonkey.com/r/VillagewithoutWalls> or return your completed survey:**

- Post it to HBH Senior Living, P.O. Box 38093, Howick, Auckland 2145, using the envelope provided
- Return it to the place where you received it
- Hand it in to reception at HBH Senior Living at 139 Union Road, Howick

**If you have any questions about the survey, please contact Bonnie Robinson,**

**HBH Senior Living, telephone 09 538 0800 or email [bonnie.robinson@hbh.org.nz](mailto:bonnie.robinson@hbh.org.nz)**

Thank you for your contribution and we will let you know the results through our web site [www.hbh.org.nz](http://www.hbh.org.nz) and articles in the local newspaper.

Please note: Your feedback is confidential and your details will only be used if you wish to be kept informed or be involved – or to notify you if you win the \$50 Countdown card.



# Confidential Questionnaire

**1. Do you live in Howick? If not please tell us which suburb you live in**

Yes I live in Howick, OR

I live in (suburb) \_\_\_\_\_

**2. What do you like most about area you live in? (Please tick all that apply)**

Physical environment

Community involvement, friendly and social area

Access to shops, professional services and other requirements

Access to community services

Knowing and being acknowledged by other locals, shopkeepers, etc

Other: \_\_\_\_\_

**3. Do any of the following issues concern you when you consider ageing well in your current home or in this neighbourhood? (Please tick all that apply)**

Your mobility

Ability to feel safe in your own home

Ability to feel safe when going out, especially evenings

Options available once you are no longer driving

Maintaining an active social network

Getting small jobs done around the house or garden

Access to medical and other support services

Other \_\_\_\_\_

**4. If you needed assistance which of these services would you find useful (Please tick all that apply)**

Meals

Transport

Housework

Home maintenance

Personal care (medication, showering)

Shopping for groceries

Garden maintenance

Help with looking after pets

**5. Where do you go to find out information about community activities and events?**

- Newspaper
- Internet
- Friends/Family
- Other: \_\_\_\_\_

**6. Do you regularly participate in any of the following organised activities in or around Howick? (Please tick all that apply)**

- Physical activity group (e.g. walking group, exercise class, yoga etc.)
- Sporting group (e.g. bowling, golf, tennis)
- Education/learning (e.g. U3A, Seniornet)
- Hobby/craft/art
- Religious worship/group
- Volunteering/Service group (e.g. Rotary, Lions)
- Other: \_\_\_\_\_

**7. If you don't participate, or know someone in that position, what are the barriers that prevent participation? (Please tick all that apply)**

- Problems with transport
- Lack of social confidence / uncertainty meeting new people
- Mobility challenges or physical disability
- Memory challenges or cognitive impairment
- Cost
- Other \_\_\_\_\_

**8. On average how often each week do you participate in an organised activity? (Please tick which most applies to you)**

- None
- Once
- Twice
- Three to four times
- More than 5 times

**9. In addition to organised activities how often each week do you interact with others in person or by phone? (Please tick what most applies to you)**

- None
- Once
- Twice
- Three to four times
- More than 5 times

**10. How satisfied are you with your current level of social contact with other people?**

- Very satisfied
- Satisfied
- Dissatisfied
- Very dissatisfied

**11. What concerns do you have about your situation right now?**

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**12. If you have no issues or concerns what do you see older friends/neighbours/ family struggling with?**

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**These questions are for statistical purposes only.  
(Please tick the answer most relevant to you)**

**13. Gender:**

- Male
- Female
- Gender diverse
- Prefer not to say

**14. Age group:**

- Under 50
- 50 – 59
- 60 – 69
- 70 – 79
- 80 - 85
- 85-90
- 90 +

**15. Who do you live with?**

- Live alone
- With spouse or partner
- With family
- Other: \_\_\_\_\_

**16. How would you describe your current life stage? (Please tick all that apply)**

- I am currently working full time
- I work part time
- I volunteer
- I am retired
- I help my adult children with their kids
- I am widowed
- I am an informal carer
- Other \_\_\_\_\_

**17. Would you be willing to consider contributing to the Village without Walls @ Howick in the following ways? (Please tick all that apply)**

- Feeding pets for a neighbour who is away
- Visiting someone confined to their home
- Introducing a new person to a group or activity that you belong to
- Helping to organise a regular group
- Helping out in the Village without Walls office
- Assisting a neighbour with small tasks
- Other \_\_\_\_\_

Thank you for completing the survey. By participating you are helping with a project which may be important to many as we grow older and continue to live healthy and productive lives in Howick and the surrounding suburbs. If you would like to be kept informed of the Village without Walls @ Howick please fill in the form on the following page.

## Stay in touch or get involved with Village without Walls @ Howick

- Yes, I'd like to be kept informed
- Yes, I'd be interested in being involved
- Yes, I'd like to enter the draw for the \$50 Countdown card.

Name \_\_\_\_\_

Address \_\_\_\_\_

Home Phone \_\_\_\_\_

Mobile \_\_\_\_\_

Email \_\_\_\_\_

- I have read and understood the privacy statement and agree to my information being used for the purposes outlined above.

Please return this form with your survey to:

Bonnie Robinson  
HBH Senior Living  
PO Box 38093  
Howick, Manukau 2145  
Email [bonnie.robinson@hbh.org.nz](mailto:bonnie.robinson@hbh.org.nz), Phone 09 538 0800

Alternatively drop the form in to: Reception, HBH Senior Living, 139 Union Road, Howick.

### Privacy Statement

We are collecting the information in this questionnaire purely for the purpose of informing the establishment of the Village without Walls @ Howick. Being involved and providing any information is totally voluntary. The questionnaire results will be presented in aggregate only.

If you wish to keep in touch and have filled in your personal details then this will only be used to make contact with you about the development of the Village without Walls, or to inform you if you have won the \$50 Countdown card.

You have the right to ask for a copy of any personal information we hold about you, and to ask for it to be corrected if you think it is wrong. If you'd like to ask for a copy of your information, or to have it corrected, please phone 09 538 0800, write to PO Box 38 093, Howick, Manukau 2145 or email [bonnie.robinson@hbh.org.nz](mailto:bonnie.robinson@hbh.org.nz).

Information is stored on the system at HBH Senior Living.

