

Village without Walls @ Howick
Survey Report
June 2018

Executive Summary

284 people responded to the survey over a 3-month period. Most of these people were aged 60 to 79 years, retired and living with a spouse or partner in Howick or the surrounding suburbs.

The majority had lived in their current home for some time and enjoyed the neighbourhood and ease of living in a familiar, smaller community. In looking to the future most acknowledged that at some point, when they could no longer drive or their mobility became limited, remaining in their current situation would become difficult without the provision of transport and assistance to maintain their property and manage the household.

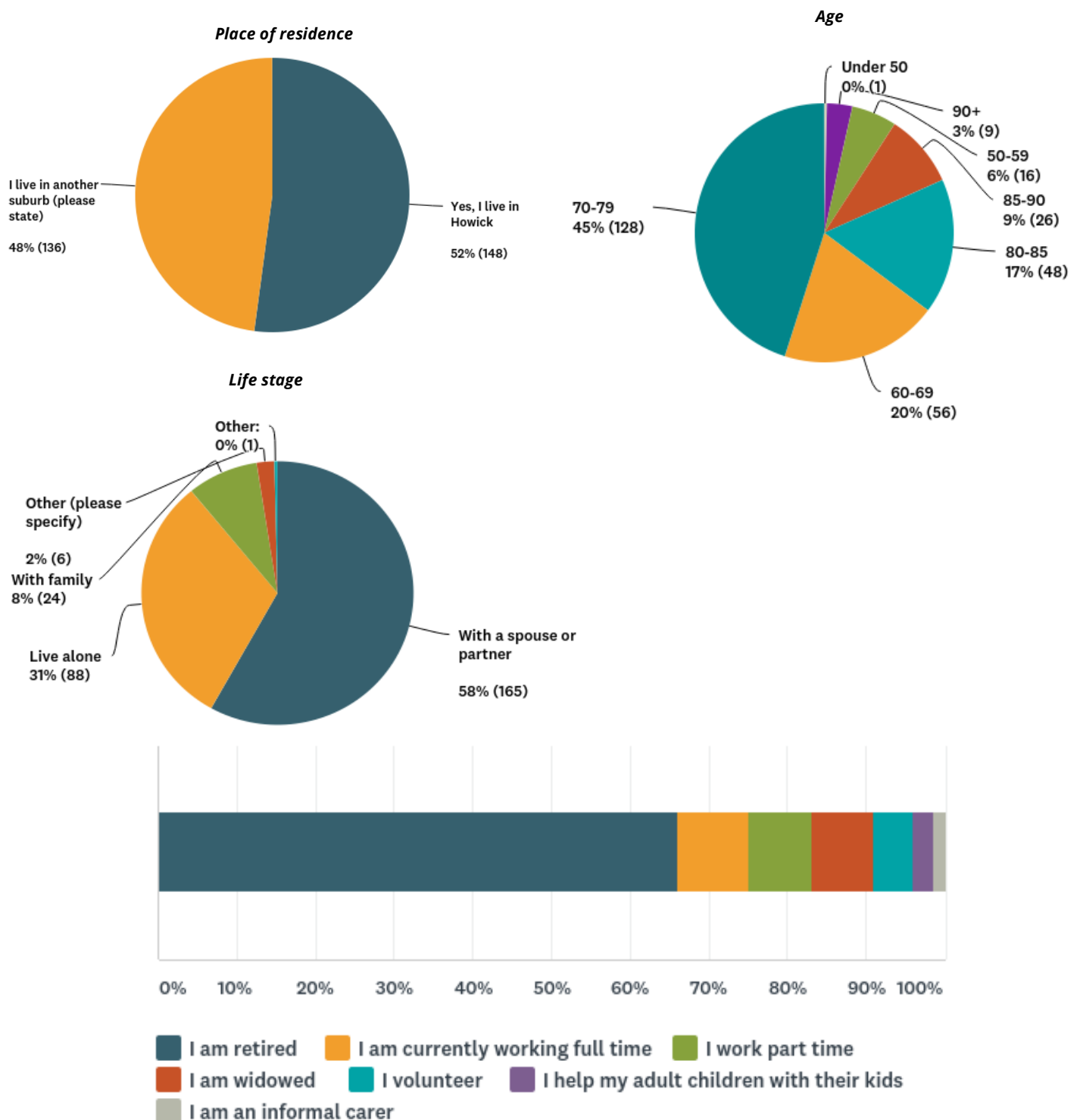
While most are actively involved in a range of physical, social and educational activities during the week, it was commonly agreed that their participation was reliant on keeping well and having access to transport. Restricted mobility and being unable to drive were seen as the most limiting factors as they age and those that would lead to reduced contact with others.

Currently most have a healthy level of contact with others, either in person or by phone, which they find satisfactory. However, there was a common understanding that as they age, this is likely to decline and the greatest concern they had for the future was being lonely when they could no longer drive or weren't as mobile. In the words of one respondent, *"when I can no longer drive my life will change completely."*

Not surprisingly, loneliness was also the issue that the majority of respondents saw older neighbours, friends or family struggling with. This was a result of a combination of factors including ill health, lack of transport and mobility. *"People being left on their own. Little or no contact being made with them on the assumption that all is well,"* was a comment that reflects the view of many other respondents.

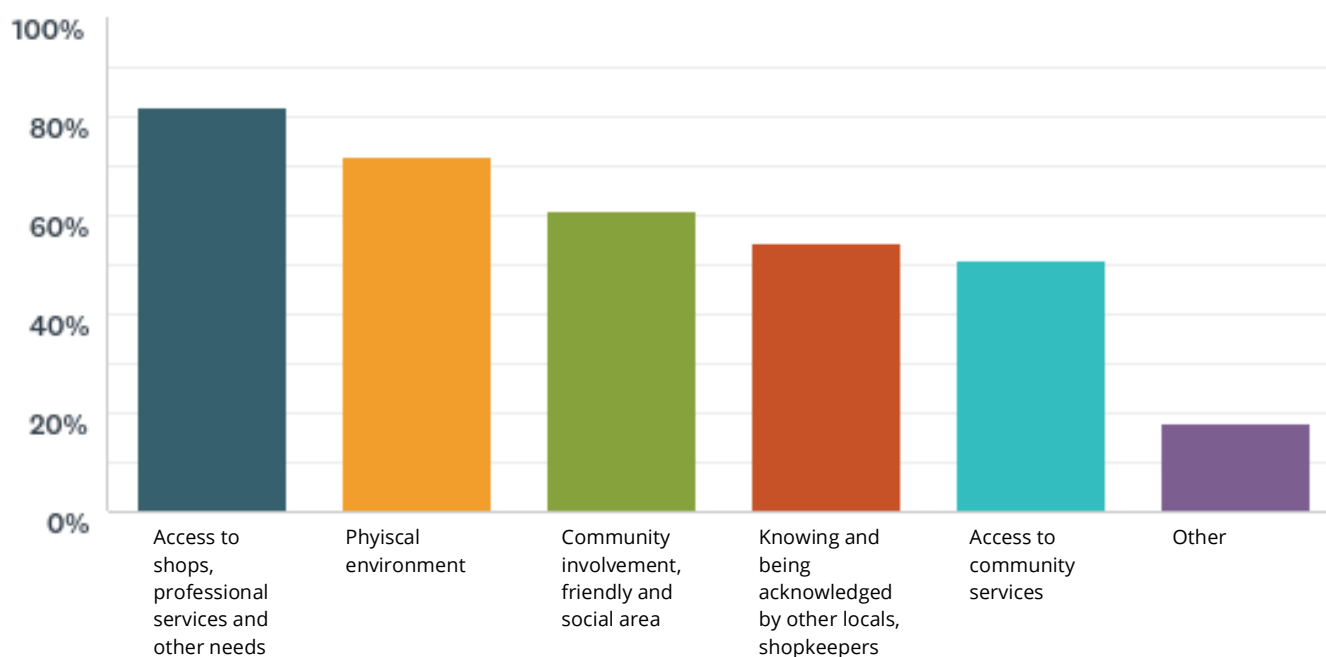
In summary, while there was a strong desire among respondents to remain in their own home, most recognised that as they aged they would need additional support in order to do so, in particular with transport and maintaining and managing their home. Social isolation leading to loneliness was their area of greatest concern as they become more dependent on others and this was identified as the main issue that they saw other older people struggling with. Transport and home-based support enable older people to age in place and maintain their social network and community involvement. Overall, there was strong support for the Virtual Village initiative, which makes this a possibility.

Profile of the Respondents



The majority of respondents are retired and live with their spouse or partner. There is an almost even split between respondents who live in Howick and those who don't. Most of the respondents who live in another suburb, live in a surrounding area such as Cockle Bay, Sunnyhills, Half Moon Bay, Bucklands Beach, Flat Bush, East Tamaki, Botany Downs and Pakuranga.

Q 2. What do you like most about area you live in?



The majority of respondents enjoy the easy access to services and the physical environment of their current location. They also feel a sense of belonging and involvement in their community.

Key respondent comments

"We have lived here for 50 years - it's our 'Happy place.'"

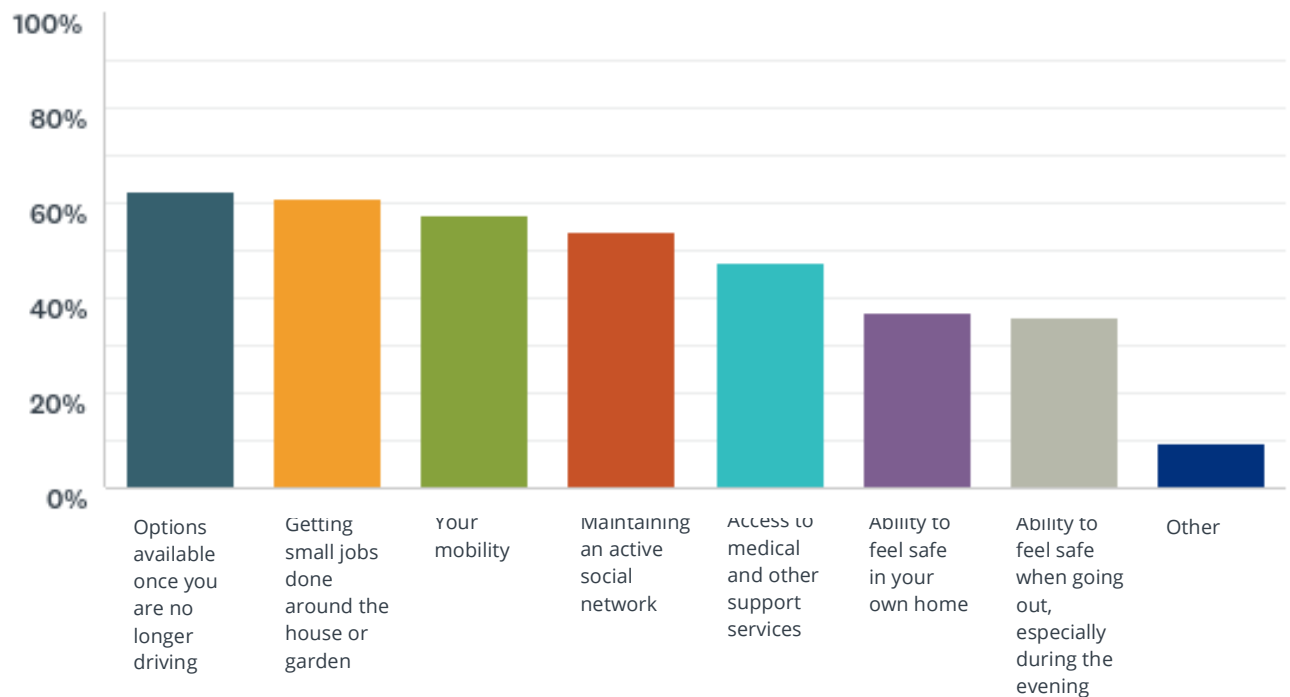
"More of a village feel than larger city."

"We have lived here for over 20 years so feel comfortable in home and surroundings."

"Neighbour support. Our area is quiet. Friends. We have lived here 49 years and love being here."

"Access to beach, launch boat, Golf, Howick Club, smaller shops as opposed to big mall."

Q 3. Do any of the following issues concern you when you consider ageing well in your current home or in this neighbourhood?



Limitations arising from not being able to drive and the ability to maintain the home are of the greatest concern to respondents. These relate closely to the second area of greatest concern; reduced mobility and being able to maintain an active social network. Security, both at home and while out in the evening, are of least concern but acknowledged by nearly 40% as potential issues.

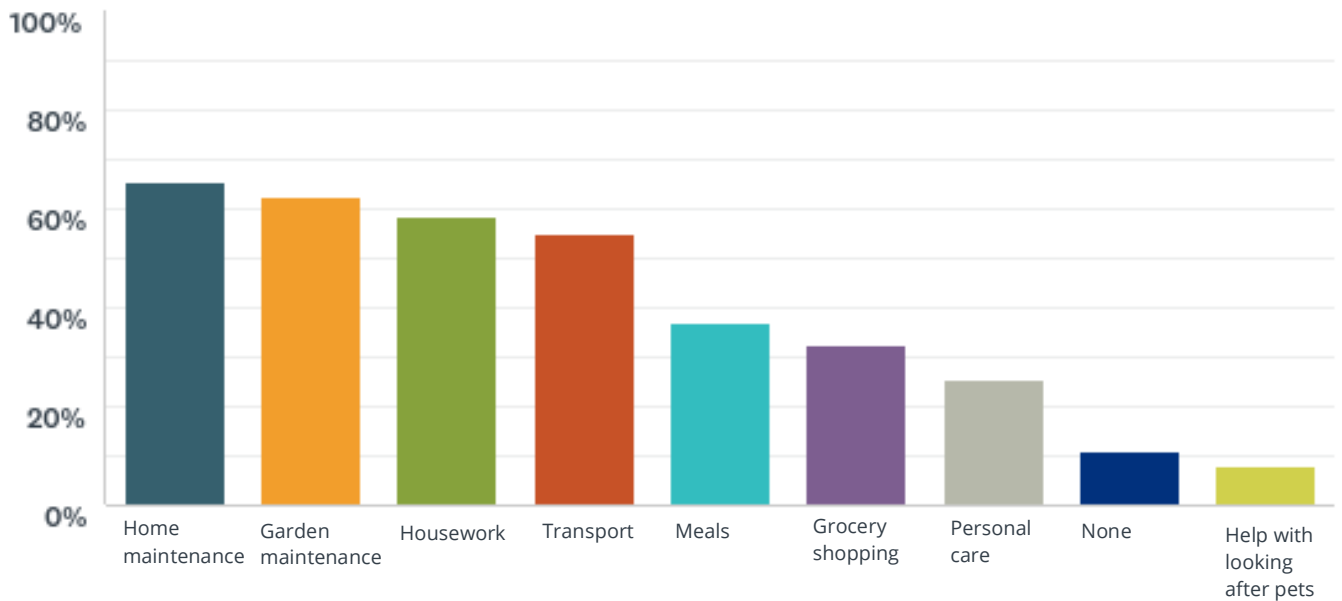
Key respondent comments

"The ability to live independently as long as possible, with necessary assistance."

"We don't go out at night unless taken."

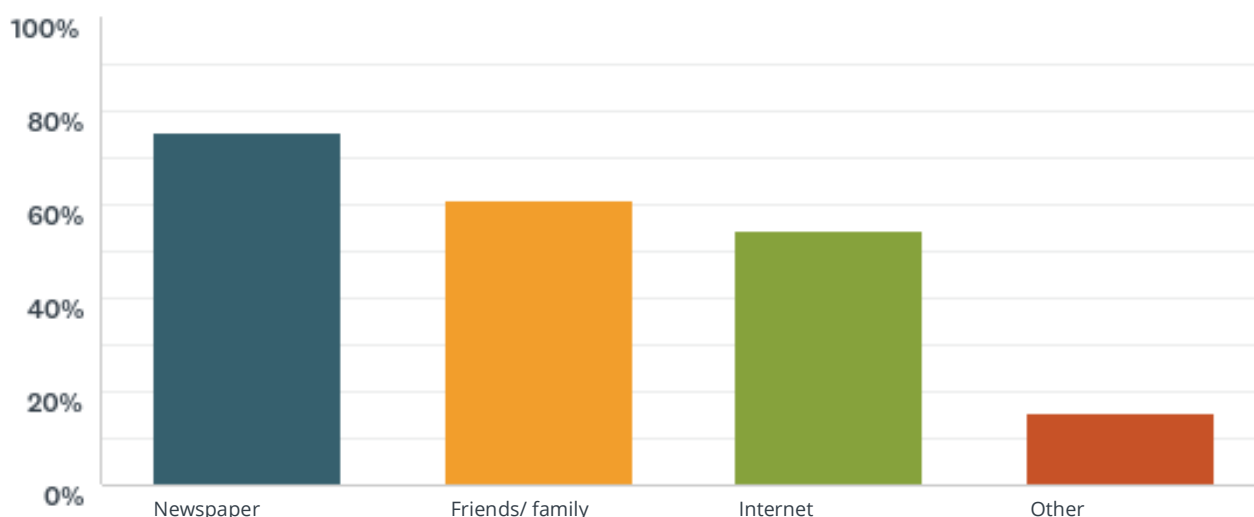
"Still having a purpose and meaning in life when older."

Q 4. If you needed assistance which of these services would you find useful?



The majority of respondents consider assistance with garden and home maintenance including housework, as being potentially the most useful. This is followed by transport, preparing meals and grocery shopping.

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



Local community newspapers are the most favoured source of information, followed by friends and family and then the internet. Other on-line options were not suggested by any of the respondents who made additional comments.

Key respondent comments

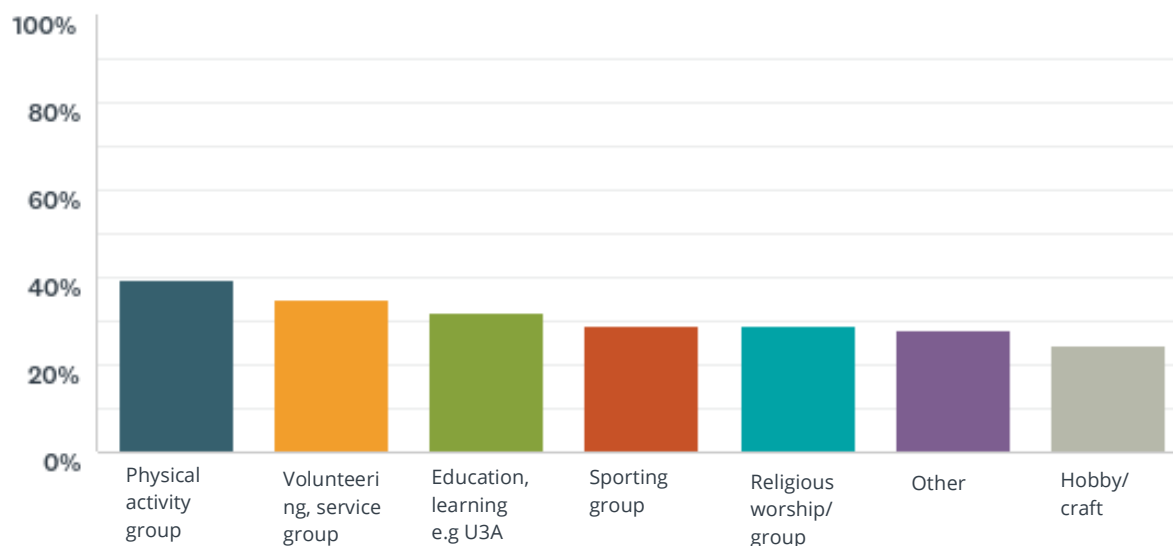
"Howick & Pakuranga Times, Eastern Courier have very relevant and useful information."

"Local newspapers and Uxbridge Brochure."

"Citizens Advice Bureau."

"Church Groups, Community activities."

Q 6. Do you regularly participate in any of the following organised activities in or around Howick?



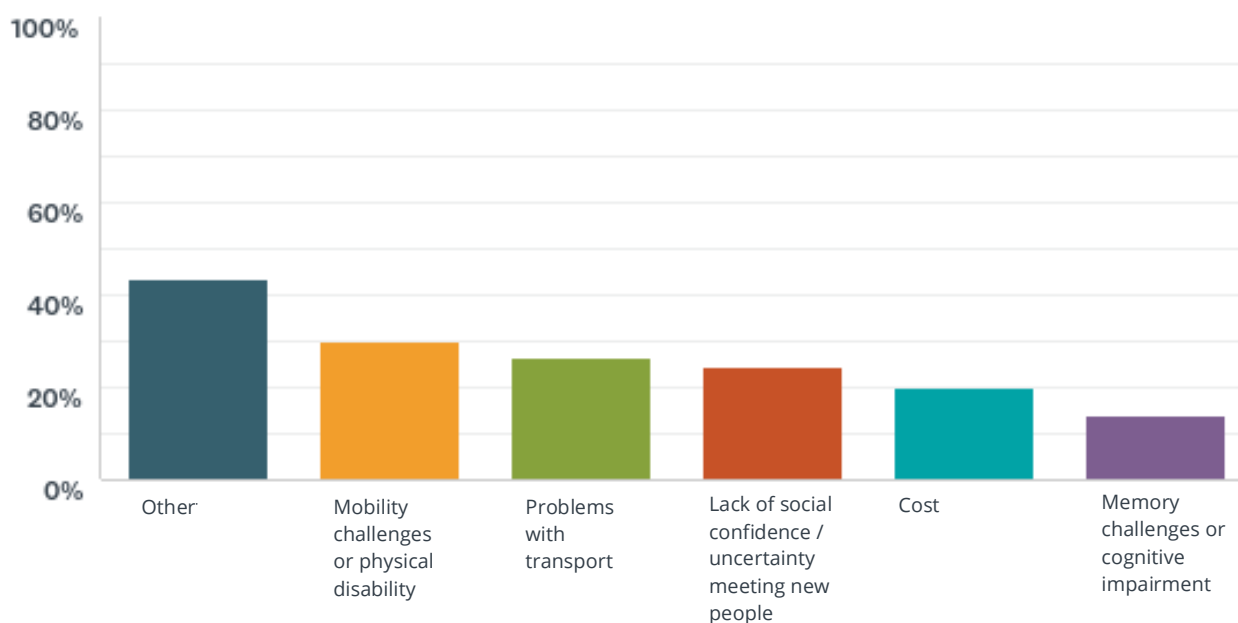
Many of the respondents are involved in organised activities from walking and fitness groups to church groups. Rotary and Probus were the options noted by the majority of respondents who selected the 'other' option.

Key respondent comments

"Red Hatters, Probus, Dinner Club."

"Probus."

Q 7. If you don't participate, or know someone in that position, what are the barriers that prevent participation?



The top 3 reasons given for not participating were lack of mobility; transport and social confidence. These were also the main reasons given under 'Other' reasons.

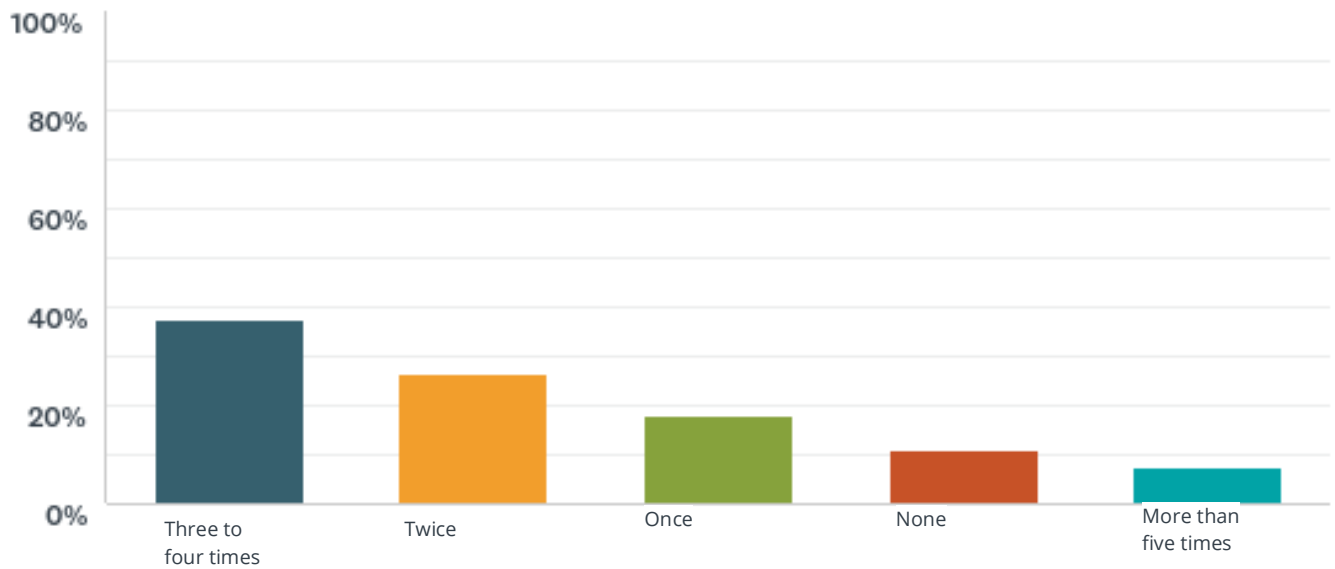
Key respondent comments

"Doesn't have any hobbies and has restricted mobility."

"Transport is a big issue."

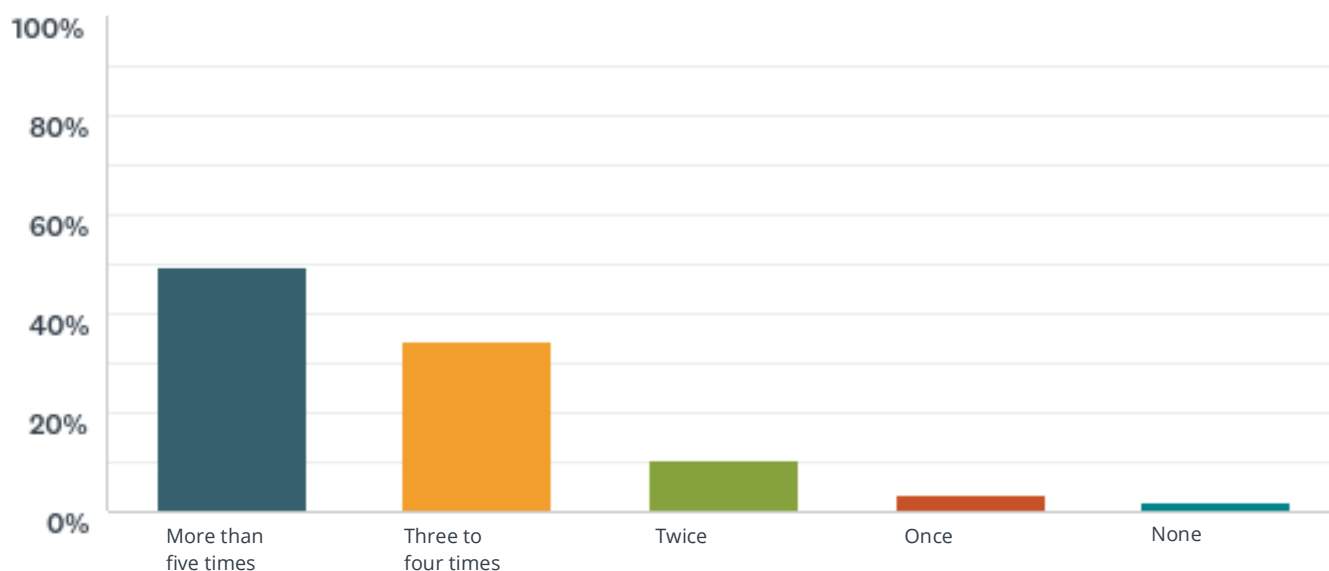
"Tiredness and inability to concentrate for a long time."

Q 8. On average how often each week do you participate in an organised activity?



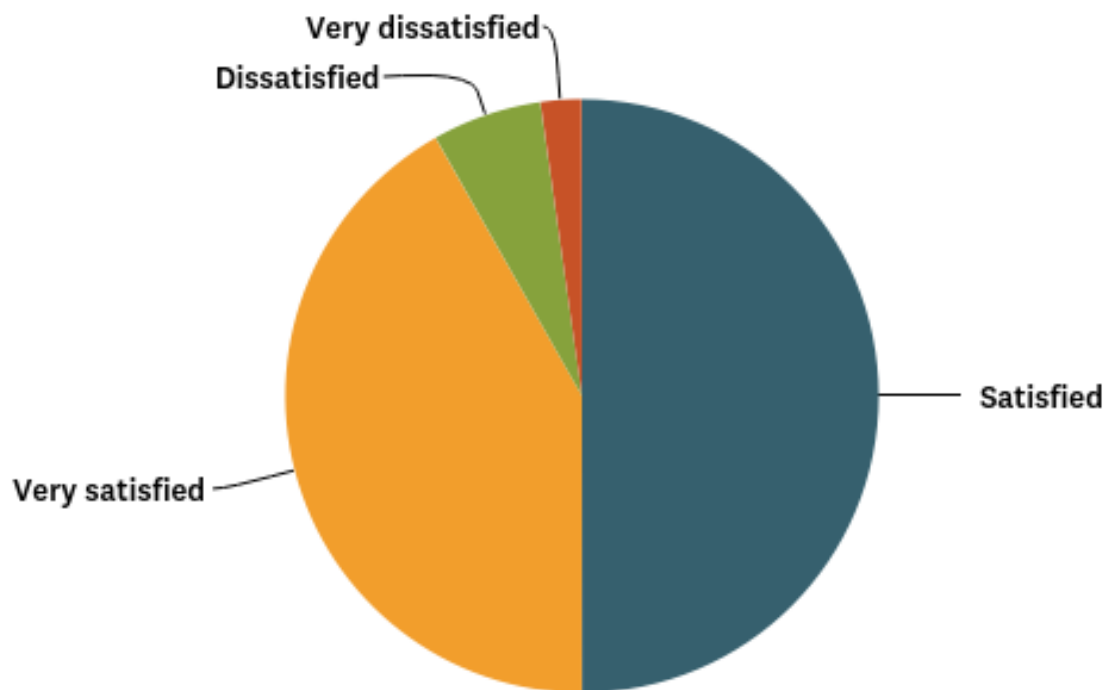
The majority of respondents are very involved during the week and participating three to five times in an organised activity.

Q 9. In addition to organised activities how often each week do you interact with others in person or by phone?



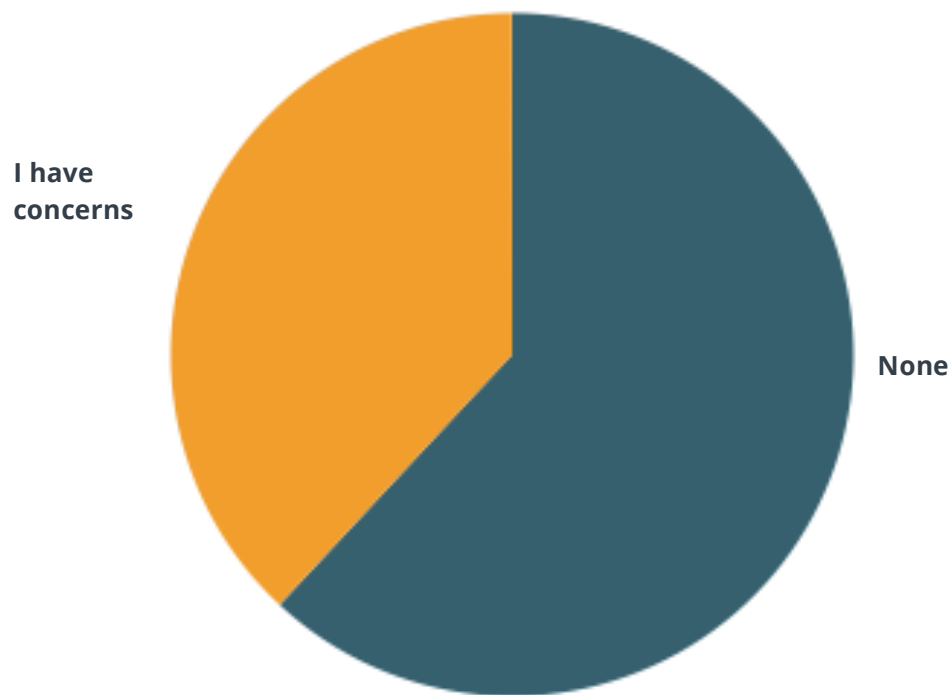
The majority of respondents are in contact with others more than five times a week and just over 30% are in contact between three to four times.

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

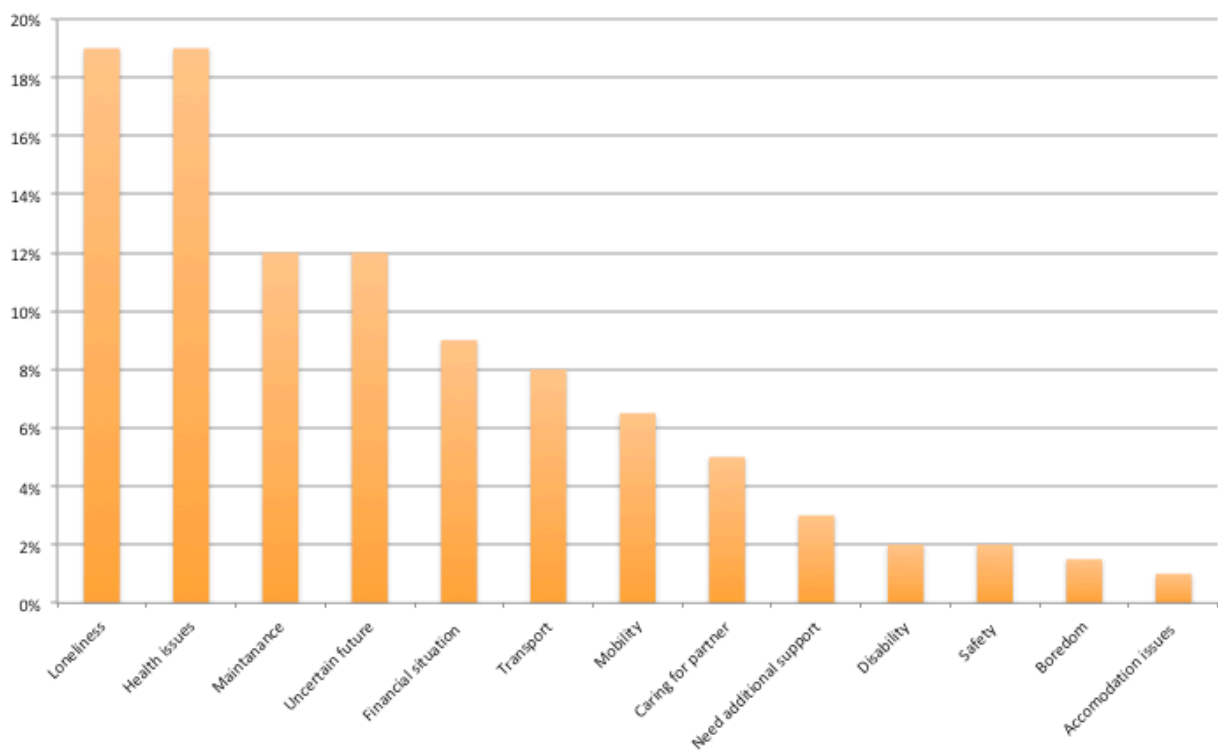


The vast majority of respondents are satisfied with their current level of social contact however there is an acknowledgment that this is likely to diminish as they age, and transport and mobility challenges may become a reality.

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



Areas of concerns by respondents



The majority of respondents have no concerns with their current situation. Among those with concerns now or in the future; loneliness, failing health, home maintenance and uncertainty as to what the future holds are paramount.

Key respondent comments

"When I can no longer drive my life will change completely."

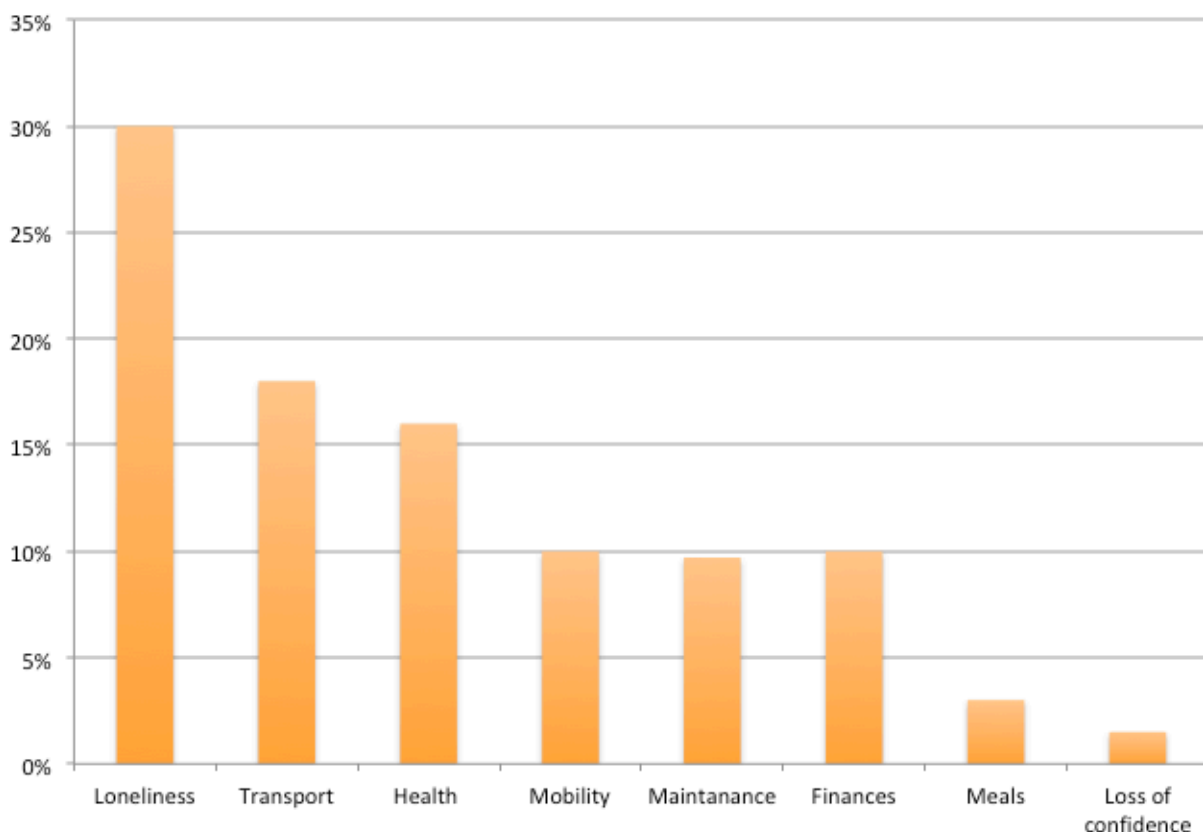
"Looking after a sick wife that needs stimulation and activities that I can't provide."

"I realise the need for support is within the near future."

"I am having a problem getting help with housework, I have arthritis and a lot of joint replacements, and am scheduled for an elbow replacement in four weeks. I live at the end of a walkway and no one comes past. I worry I may have a medical problem and no one knows and I could be alone there for days."

"I need something to do and have something to look forward to with other seniors."

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



Loneliness is the biggest issue people see others struggling with followed by transport and health issues.

Key respondent comments

"Situations with older friends, where the husband or wife has become somewhat incapacitated and the carer of the two is unable to go out for a walk or socialise."

"No close family, limited friends and progressive ill health."

"People being left on their own. No or little contact being made with them on the assumption that all is well. A friendly phone call just breaks the monotony of the day."

"Older friends who cannot drive i.e. eyesight, or health problems; whom we help whenever possible."