

Presbyterian Support Otago's Survey
"Older People and Community"
Summary of Findings

Thank-you to those of you who recently completed a survey or assisted in the distribution of Presbyterian Support Otago's survey "Older People and Community". The survey sought feedback from older people living in Dunedin about their current involvement and support as they age within their community.

This information was intended to inform discussions relating to the needs of older people and the potential for introducing the Village Hub model to seniors in Dunedin, with particular consideration to the Mornington and Mosgiel areas

We had 207 respondents from the Dunedin / Mosgiel area; the majority were female aged between 65 – 80 years of age. The questionnaire was available in print, large print and on-line and distributed through community recreational, and support organisations.

Here is a summary of the findings:

Safety and social connections

- 94% reported that they felt safe in their community
- 79% said they felt supported by the community.
- 30% said they either frequently or sometimes feel lonely
- 50% either frequently or sometimes wished they had more contact with others.

Although people feel safe, the fact that almost 1 in 3 either frequently or sometimes feel lonely and half wish they had more contact with others, is a concern. Research shows that connectedness is vital to prevent social isolation and loneliness, which are key contributors to rest home admissions and Alzheimers.

Community involvement

- 35% would like to be doing more than they currently are doing
- 33% reported that they were no longer able to do activities, and this was the highest reported barrier which stopped people being involved in the community
- 28% sited transport as a problem
- 26% stated that costs were a barrier
- 21% said they needed assistance to be involved

As might be expected the main barrier to being involved is the normal impact of ageing. However, this was closely followed by transport, then costs, needing assistance to be involved and not knowing how to find out about community activities.

Use of technology and seeking information

- 84% who answered this question, used either a computer, smart phone, tablet or iPad type of device. (It should be noted that a quarter of the respondents skipped this question).
- 31% used these devices to find out what was on in the community, but word-of-mouth (80%) and community newspapers (70%) headed the list of sources.

Next steps

We would like to dig a little deeper into the results on some aspects, and with particular reference to Mosgiel and Mornington, and this follow-up will inform the next phase.

The feedback was valuable and we want to work with you all to make the most of continuing to live well in the community as we age.

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December 2017