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# Aging Well in Haliburton County

*Creating an Environment for Healthy, Active Positive Aging*

The Aging Well Committee of Haliburton County is a group of concerned older adults and other committee members working together to improve services and supports for the older adults in our community, as our population ages.

This survey is based on research provided by the World Health Organization Global Age-Friendly Cities Guide (2007) and provides strong data to support the necessary changes and services needed to help seniors live and remain in their own home, and in this community.

***We, on the committee, have done our part and now need your invaluable input and support for our cause or we can go no further. The future rests with all of us. We are talking about the disabled, the Zoomers, and present day Seniors.***

Please encourage your friends and neighbours to complete the survey. We need all the help we can get. EVERY VOICE COUNTS!!!

All information will remain confidential and will not be used for purposes other than that of the current survey. Answer all questions as accurately as possible. If you do not wish to answer a question, leave it blank.

The last page of the survey is optional. If you do not wish to be contacted with the results of the survey or are not interested in being a part of the committee, please leave the last section of the last page BLANK.

This survey will take approximately 20 minutes to complete.



## General Information

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1. Are you:  male  female
2. Please indicate your age.  
 50-59  60-69  70-79  80-89  90+
3. What type of education have you obtained?  
 Elementary School  Some University  
 High School Diploma  Bachelor's Degree  
 Some Community College  Graduate Degree  
 Diploma/ Certificate from Community College  Doctoral Degree  
 Other \_\_\_\_\_
4. Your nearest family lives:  
 With me  Within a one hour drive  
 In the same town  More than one hour away
5. Please check which option best describes your living situation in Haliburton County.  
 I am planning to retire here  I am a seasonal resident  
 I am a full-time resident  Other \_\_\_\_\_
6. Were you a cottager or a part-time resident before becoming a permanent resident?  
 Yes  No  Not Applicable
7. How many years have you lived in, or have been cottaging in Haliburton County?  
 Less than one year  6-10 years  I grew up here  
 1-5 years  11 or more
8. Do you live alone?  
 Yes  No
9. If you do not live alone, do you live with: (Check all that apply)  
 Spouse  Children  Other \_\_\_\_\_
10. In which municipality in Haliburton County do you live?  
 Township of Minden Hills  Municipality of Highlands East  
 Municipality of Dysart et al  Township of Algonquin Highlands  
 I do not live in Haliburton County
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## Outdoor Spaces & Public Buildings

The World Health Organization identifies outdoor spaces as having a major impact on mobility, independence, and the quality of life of older people affecting their ability to 'age in place'.

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11. Please rate the following based on the town you visit most often in Haliburton County:

**Very Satisfied   Satisfied   No Opinion   Unsatisfied   Very Unsatisfied**

Noise levels	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Air quality	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cleanliness of parks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cleanliness of streets/ sidewalks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The seating in parks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The shelter in parks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ease of access to the parks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Safety walking during the day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Safety walking in the evening	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Snow removal of sidewalks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
General snow removal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Path and street lighting at night	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Comments:

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12. Please rate the following when thinking about buildings and public spaces in the town you visit most often:

**Very Satisfied   Satisfied   No Opinion   Unsatisfied   Very Unsatisfied**

The number of parking spaces	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The number of disability parking spaces	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Elevators, escalators or ramps	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Width of doorways	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ease of opening doors	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Clear, easy-to-read signs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Accessibility of washrooms	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Comments:

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13. What are some changes you would like to see that would allow you to move about in your community or access local stores more easily? (check all that apply)

- |   |  |
|---|--|
| <input type="radio"/> Snow and Ice clearing on sidewalks    | <input type="radio"/> Accessible doors |
| <input type="radio"/> Snow and Ice clearing in parking lots | <input type="radio"/> Wheelchair ramps |
| <input type="radio"/> More sidewalks                        | <input type="radio"/> Handrails        |
| <input type="radio"/> More disabled parking spots           | <input type="radio"/> Other _____      |

## Transportation

The World Health Organization found that transportation, including accessible and affordable public transport, is a key factor influencing active aging. They found that people's ability to move about their community determined their social and civic participation as well as access to community and health services.

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14. Please describe your level of mobility (your ability to walk/get around):

- I can walk with ease unassisted
- I use a cane or walker when walking
- I walk unassisted but with difficulty
- I use a wheelchair

15. You usually travel around the community by (tick all that apply):

- Taxi
- Scooter
- Community Care Van
- Personal vehicle
- Bicycle
- DYNO Bus
- Friends/ family
- Walking
- Other \_\_\_\_\_

16. Please rate how important the following factors are to your ability to travel in Haliburton County (1 being very important to 5 being not important to you). Only rate those factors that are relevant to your situation.

	Very Important		Not Important		
	1	2	3	4	5
<input type="radio"/> I no longer have a valid driver's license					
<input type="radio"/> I do not own a vehicle					
<input type="radio"/> I don't have anyone to take me					
<input type="radio"/> I don't drive					
<input type="radio"/> I can't afford transportation					
<input type="radio"/> Condition of the roads					
<input type="radio"/> Availability of transportation (the services/times are inconvenient)					
<input type="radio"/> I have physical limitations					
<input type="radio"/> The condition of/or lack of sidewalks					
<input type="radio"/> I have a disability and there are no accessible means of transportation in my community					
<input type="radio"/> Weather conditions					
<input type="radio"/> Darkness					
<input type="radio"/> Other (please list)					
<input type="radio"/> Other (please list)					
<input type="radio"/> Other (please list)					

17. How many times per month do you go:

	<b>0</b>	<b>1-2</b>	<b>3-4</b>	<b>5 or more</b>
Shopping	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To local doctor's appointments	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Out of town for doctor's appointments	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
For a walk	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To the bank	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To church or religious groups	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To other social events	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Comments:

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## Housing

Housing is essential to the safety and well being of everyone. The World Health Organization study found that housing and related supports allow older people to age comfortably and safely within their community.

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18. What kind of housing do you occupy currently?

- Single-family dwelling
- Duplex
- Townhouse
- Apartment
- Mobile Home
- Other \_\_\_\_\_

19. Your home is:

- Owned by me
- Rented by me
- Owned or rented by family
- Other \_\_\_\_\_

20. Do you plan to move to more suitable housing within the next: (please tick the one that best reflects your plans)?

- 1 year
- 2-3 years
- Beyond 3 years
- I have no long-term plans for moving

21. If you plan on moving, what type of housing will you need?

- Rent geared to income apartments
- Small House
- Apartment
- Condominium
- Assisted living
- Retirement Home
- Nursing Home
- Other \_\_\_\_\_

22. If you have ever thought about moving, please identify the degree of importance of the following.

	Very Important			Not Important	
	1	2	3	4	5
<input type="radio"/> To be near friends or family					
<input type="radio"/> To stay in the community I currently live in					
<input type="radio"/> To be close to green space (quiet area)					
<input type="radio"/> To be near public transit					
<input type="radio"/> To be near a grocery store					
<input type="radio"/> To be near my doctor's office					
<input type="radio"/> To be near a library					
<input type="radio"/> To be near the hospital					
<input type="radio"/> To be near my church					
<input type="radio"/> To be near a shopping mall					
<input type="radio"/> To remain independent					
<input type="radio"/> To have a home that is suited for my mobility and living needs					
<input type="radio"/> To not maintain my own property					

23. Your reasons for NOT moving are: (please tick all that apply)

- I don't want changes
- I prefer to stay in my own home
- Moving expenses are too high
- I can't afford another place
- It is too difficult to sort through and pack up my current home
- It is too difficult to search for and find the right place to move to
- It is beyond my health and physical abilities to move
- I haven't found a suitable location to move to

24a. Have you considered adapting your home or making changes to meet your needs as you age? (ie. Grab bar reinforcements in the bathroom, walk in bathtub etc.)

- Yes
- No

24b. Would you be interested in finding out more information about what changes you could make?

- Yes
- No

25. In the past 12 months, have you had a slip, trip, or fall?

- Yes
- No

Comments:

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### **Civic Participation & Employment**

The World Health Organization acknowledges that older people do not stop contributing to their communities on retirement. An age friendly community provides options for older people to contribute to their communities through paid employment, volunteer work, and to be engaged in the political process.

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26. What is your employment status? (Tick the most correct answer):

- I am employed full-time
- I am employed part-time
- Not employed, but looking for work
- Not employed by choice
- Disability pension
- Retired
- Homemaker
- Other \_\_\_\_\_

27. How often would you say you don't have enough money to pay your monthly bills?

- Every month
- At least once every three months
- At least once every six months
- At least once each year
- Never

28. On average, how many hours a week do you spend volunteering (rounded to the hour)?

- 0
- 1-3
- 4-6
- 6-8
- more than 8

29. Are you looking for volunteer opportunities within the community?

- Yes, I want to volunteer as much as I can
- Yes, but only if it is something I really enjoy
- No, I'm not interested
- No, I do enough volunteering already
- Undecided

Comments:

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## Social Participation

The World Health Organization found that although participation was strongly connected to good health and well-being, it also depended on; awareness of activities, being able to get to a function, appropriate supports, affordability, safety, and integration with other age groups. In this section we use the term socialize to mean connecting to the world outside the home.

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30. Do you have family or friends in the area who could be thought of as a support network (people to whom you could turn when help is needed)?

- Yes  No  I Don't Know

31a. When you go out, what do you normally do? (Tick all that apply)

- |  |  |  |
|--|--|--|
| <input type="radio"/> Go for walks                                   | <input type="radio"/> Join a sport                   | <input type="radio"/> Appointments       |
| <input type="radio"/> Go to church                                   | <input type="radio"/> Visit friends or family        | <input type="radio"/> Do banking         |
| <input type="radio"/> Go to the library                              | <input type="radio"/> Go shopping                    | <input type="radio"/> Play Cards         |
| <input type="radio"/> Get involved with a club,<br>hobby or interest | <input type="radio"/> Attend public events           | <input type="radio"/> Play Bingo         |
| <input type="radio"/> Take a class                                   | <input type="radio"/> Planned excursions/<br>outings | <input type="radio"/> Go to a Restaurant |
|  |  | <input type="radio"/> I don't go out     |

31b. Name the towns or villages in Haliburton County that you visit most often to participate in the activities listed above?

_____	_____
_____	_____

32. If you would like to socialize more, what would prevent you from doing so?

- |  |   |
|--|---|
| <input type="radio"/> Mobility issues                | <input type="radio"/> Events scheduled at times I am<br>unavailable |
| <input type="radio"/> No one to go with              | <input type="radio"/> Too costly                                    |
| <input type="radio"/> Find out about events too late | <input type="radio"/> Health  |
| <input type="radio"/> Lack of Transportation         | <input type="radio"/> Lack of opportunities                         |
| <input type="radio"/> Noise level concerns           | <input type="radio"/> Other _____                                   |
| <input type="radio"/> Safety concerns                |   |

Comments:

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## Communication & Information

The World Health Organization reports that staying connected with events and people and getting timely practical information is vital to active aging. The central concern expressed by older adults was to have relevant information that is easily available to older people of all income levels and in all circumstances.

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33. Do you feel you are properly informed about community events?

- Yes  Most of the time  Not usually  No

34. How would you like to learn about community events? (Tick all that apply)

- Local paper
- Local radio station
- Friend or family
- A notice in the mail
- Poster advertising
- E-mail
- Find it online
- At other public function
- Word of Mouth
- Other: \_\_\_\_\_

35. Do you own and use a computer?

- Yes
- No

36. Do you have access to the internet?

- Yes
- No
- I Don't Know

Comments:

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## **Community Support & Health Services**

37. In the last 12 months have you needed help doing any of the following tasks? (Tick all that apply) Were you able to access the help you needed?

Task	Did you need help?		Were you able to access the help you needed?	
	Yes	No	Yes	No
<input type="radio"/> Filling out forms	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> House Cleaning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> Income tax preparation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> Yard care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> Gardening	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> Grocery Shopping	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> Personal transportation to and from events	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> Home Repair & Maintenance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> Preparing meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> Snow removal in public areas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> Snow removal at your home	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> Delivery service	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> Garbage removal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> Mail	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> Banking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> Taking medication	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> Picking up medication from the pharmacy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> Other: _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



38. What services do you think are needed in Haliburton County in order for you to maintain your health and independence? (Tick all that apply)

- Yard Work
- Home Repair & Maintenance
- House Cleaning
- Transportation to Doctors' Appointments
- Home Care
- Help with Shopping
- Help with Meal Preparation
- Personal Care
- Delivery of Services/Goods
- Nursing Care
- Meals on Wheels
- Visiting
- Respite Care
- Other \_\_\_\_\_

39. Do you have a family doctor or a nurse practitioner in Haliburton County?

- Yes
- No
- I Don't know

Comments:

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## Respect and Social Inclusion

The World Health Organization reported on behaviour and attitudes toward seniors. Reasons for poor attitudes include; changing societal norms, poor contact between generations, and ignorance about ageing. They also found that seniors who felt included participated more.

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40. Do you feel you are valued as a senior resident in Haliburton County?

- Yes
- Most of the time
- Not usually
- No

41. If you have ever been treated in a rude or disrespectful way due to your age, the behaviour came from:

- Business/ shop staff
- Youth
- Children
- Adults
- Family members
- Public service provider
- Has not happened
- Other: \_\_\_\_\_

42. As you think about your future senior years, what worries you the most?

- Growing old alone
- Declining health
- Moving into more suitable housing
- Financial concerns
- Difficulty physically getting around
- Falling
- Losing my driver's license
- Losing my independence
- No one to take care of me
- Death
- Other \_\_\_\_\_

43. Do you feel that there is a general awareness of the needs of seniors in Haliburton County?

- Yes
  - No
  - I Don't Know
-

## Comments

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Do you have any concerns that have not been addressed? If so, please state them here:

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Thank you for taking the time to complete this questionnaire. Your personal opinions are much appreciated and will help in the preparation of a final report detailing how we can make Haliburton County more age-friendly! Thanks again for your participation.

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**For more information in regards to this survey, please contact:**  
**Angela Van Berlo, *Health Promoter***  
**HKPR District Health Unit**  
**(705) 457-1391**  
**[avanberlo@haliburton.hkpr.on.ca](mailto:avanberlo@haliburton.hkpr.on.ca)**

Survey questions have been adapted with permission from: Chilliwack Social Research and Planning Council and The City of Chilliwack for the Aging and Quality of Life Survey.  
[http://www.chilliwack.com/main/attachments/files/1643/Chilliwack\\_Aging\\_SurveyWEB.pdf](http://www.chilliwack.com/main/attachments/files/1643/Chilliwack_Aging_SurveyWEB.pdf)

And the Friendly to Seniors Program, City of Greater Sudbury  
<http://www.friendlytoseniors.ca/Challenges%20of%20Aging%20-%20Complete%20PDF%20Report.pdf>

***Only fill out this section if you wish your name to be entered into the draw to receive a \$50 gift certificate from a local business.***

**If you do not wish to be contacted, leave this section BLANK.**

**Name:** \_\_\_\_\_

**E-mail:** \_\_\_\_\_

**Telephone Number:** \_\_\_\_\_

Check one, both, or none.

- I am interested in joining the research committee
- I would like to be contacted with survey results
- I am interested in participating in a focus group
- I would like to be contacted by a member of the committee for further discussion on these issues

### **Survey Drop-Off Locations**

- Health Unit Office (191 Highland Street, Unit 301) Haliburton Village.
- Haliburton Highlands Family Health Team Office (6 McPherson Street) Minden.
- Haliburton Highlands Family Health Team Office (7217 Gelert Rd.) Haliburton
- Community Care Haliburton County Office (83 Maple Avenue, Unit #3) Haliburton
- County of Haliburton Office (11 Newcastle St.) Minden
- Haliburton Highlands Family Medical Centre (7217 Gelert Rd.) Haliburton
- Minden Medical Centre
- Any of the local municipal offices in Haliburton County.

### **To Submit Your Survey by Mail Please Send to:**

U-Links Centre for Community Based Research  
PO Box 655  
Minden, Ontario K0M 2K0

### **To Complete This Survey Online Visit:**

Haliburton Highlands Family Health Team  
[http://www.hhfht.com/whats\\_new.php](http://www.hhfht.com/whats_new.php)

