

# Age Friendly Regina Survey

The Age Friendly Regina Committee would like to assess the supports, and challenges faced by older adults in Regina. An age friendly community is one that provides support for older adults to “age actively” – that is to live in security, enjoy good health and continue to participate fully in society.

The answers to the survey will be shared with the community. All responses are confidential. This survey should take about 20-30 minutes to complete. For more information on the survey, please email [agefriendlyregina@gmail.com](mailto:agefriendlyregina@gmail.com)

If you would like to fill the survey out online: <https://tinyurl.com/agefriendlyregina>

If you are interested in getting more involved with Age Friendly Regina please contact [agefriendlyregina@gmail.com](mailto:agefriendlyregina@gmail.com).

## 1. Demographics

Which of the following best describes you? Please check all that apply.

- |   |  |
|---|--|
| <input type="checkbox"/> Older adult  | <input type="checkbox"/> Representative of a non-governmental organization |
| <input type="checkbox"/> Service provider   | <input type="checkbox"/> Representative of municipal organization          |
| <input type="checkbox"/> Business person/merchant                                     | <input type="checkbox"/> Representative of a governmental organization     |
| <input type="checkbox"/> Caregiver to a family member or friend who is an older adult |  |

Which gender do you identify with?

- |                                       |  |
|---------------------------------------|--|
| <input type="checkbox"/> Male         | <input type="checkbox"/> Female            |
| <input type="checkbox"/> Other: _____ | <input type="checkbox"/> Prefer not to say |

What is your age?

- |                                |                                |                                |                                |                                |                                       |
|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|---------------------------------------|
| <input type="checkbox"/> 18-24 | <input type="checkbox"/> 35-39 | <input type="checkbox"/> 50-54 | <input type="checkbox"/> 65-69 | <input type="checkbox"/> 80-84 | <input type="checkbox"/> 95-99        |
| <input type="checkbox"/> 25-29 | <input type="checkbox"/> 40-44 | <input type="checkbox"/> 55-59 | <input type="checkbox"/> 70-74 | <input type="checkbox"/> 85-89 | <input type="checkbox"/> 100 or older |
| <input type="checkbox"/> 30-34 | <input type="checkbox"/> 45-49 | <input type="checkbox"/> 60-64 | <input type="checkbox"/> 75-79 | <input type="checkbox"/> 90-94 |                                       |

Which neighbourhood do you live in?

- |  |                                      |  |
|--|--------------------------------------|--|
| <input type="checkbox"/> Argyle Park / Englewood | <input type="checkbox"/> Al Ritchie  | <input type="checkbox"/> Coronation Park |
| <input type="checkbox"/> Cathedral               | <input type="checkbox"/> Uplands     | <input type="checkbox"/> Downtown        |
| <input type="checkbox"/> Eastview                | <input type="checkbox"/> Arcola East | <input type="checkbox"/> Gladmer Park    |
| <input type="checkbox"/> Boothill                | <input type="checkbox"/> Heritage    | <input type="checkbox"/> Dewdney East    |

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> North Central       | <input type="checkbox"/> Albert Park             | <input type="checkbox"/> Dieppe                 |
| <input type="checkbox"/> Hillsdale           | <input type="checkbox"/> McNab                   | <input type="checkbox"/> Lakeview               |
| <input type="checkbox"/> Normanview          | <input type="checkbox"/> Whitmore Park           | <input type="checkbox"/> Normanview West        |
| <input type="checkbox"/> Sherwood / McCarthy | <input type="checkbox"/> Walsh Acres / Lakeridge | <input type="checkbox"/> Rosemont / Mount Royal |
| <input type="checkbox"/> Regent Park         | <input type="checkbox"/> Prairie View            | <input type="checkbox"/> Twin Lakes             |
| <input type="checkbox"/> Other: _____        |  |   |

### What is your marital status?

- |  |  |
|--|--|
| <input type="checkbox"/> Married           | <input type="checkbox"/> Divorced      |
| <input type="checkbox"/> Living common law | <input type="checkbox"/> Never married |
| <input type="checkbox"/> Separated         | <input type="checkbox"/> Widowed       |

### What is your residency status?

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Born in Canada | <input type="checkbox"/> Permanent Resident | <input type="checkbox"/> Refugee           |
| <input type="checkbox"/> Other: _____   |   | <input type="checkbox"/> Prefer not to say |

### What is your ethnicity?

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Oceania origins   | <input type="checkbox"/> European origins  | <input type="checkbox"/> Latin, Central or South American origins |
| <input type="checkbox"/> Caribbean origins | <input type="checkbox"/> African origins   | <input type="checkbox"/> Asian origins                            |
| <input type="checkbox"/> Indigenous        | <input type="checkbox"/> Prefer not to say | <input type="checkbox"/> Other: _____                             |

### What is your highest level of education?

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Some high school   | <input type="checkbox"/> High school diploma            | <input type="checkbox"/> Some college or university |
| <input type="checkbox"/> College or university bachelor's degree or certification |   | <input type="checkbox"/> University master's degree |
| <input type="checkbox"/> Some technical school                                    | <input type="checkbox"/> Technical school certification | <input type="checkbox"/> Doctorate                  |
| <input type="checkbox"/> Other: _____   |   |   |

### What is your employment status?

- |  |  |
|--|--|
| <input type="checkbox"/> Employed full time (40+ hours a week) | <input type="checkbox"/> Employed part time (less than 40 hours) |
| <input type="checkbox"/> Unemployed (looking for work)         | <input type="checkbox"/> Unemployed (not looking for work)       |
| <input type="checkbox"/> Student                               | <input type="checkbox"/> Retired                                 |
| <input type="checkbox"/> Self-employed                         | <input type="checkbox"/> Unable to work                          |
| <input type="checkbox"/> Other: _____                          | <input type="checkbox"/> Prefer not to say                       |

## What is your household income?

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> \$Loss to \$09K | <input type="checkbox"/> \$10K - \$19K     | <input type="checkbox"/> \$20K - \$29K   |
| <input type="checkbox"/> \$30K - \$39K   | <input type="checkbox"/> \$40K - \$49K     | <input type="checkbox"/> \$50K - \$59K   |
| <input type="checkbox"/> \$60K - \$69K   | <input type="checkbox"/> \$70K - \$79K     | <input type="checkbox"/> \$80K - \$89K   |
| <input type="checkbox"/> \$90K - \$99K   | <input type="checkbox"/> \$100K - \$149K   | <input type="checkbox"/> \$150K and over |
| <input type="checkbox"/> N/A (No income) | <input type="checkbox"/> Prefer not to say |  |

## 2. Transportation

Check the box you most agree with.

	Yes	No	I Don't Know
The transit service is convenient (e.g. shopping, medical services, community centers, religious and cultural events etc.).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The bus stops are convenient (e.g. location, there is a bench, snow is cleared).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The transportation that is available for individuals with disabilities is sufficient (e.g. Para Transit).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Public transportation is affordable for older adults (including Para Transit).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Volunteers are available to drive older adults when needed (e.g. neighbours, family, friends, informal networks, etc.).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Accessible and affordable commercial transportation options are available (e.g. taxi, private car services, airport taxis, etc.).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There are enough parking spaces close to services and stores.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There are enough accessible parking spaces close to services and stores.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Comments:

### 3. Housing

Check the box you most agree with.

Yes

No

I Don't Know

There is enough housing that meets the needs of older adults.

I know what my housing options are if I am no longer able to live independently on my own.

Housing is affordable for older adults.

There is enough subsidized housing for lower-income older adults.

Wait times to access supportive housing options are fair (e.g. assisted living, long term care homes, group home, personal care homes, etc.).

Comments:

### 4. Safety

Check the box you most agree with.

Yes

No

I Do Not Know

Crime and vandalism are a problem in my neighbourhood.

Older adults feel safe when out alone during the day in my neighbourhood.

Older adults feel safe when out alone during the night in my neighbourhood.

Street lighting is enough in my neighbourhood.

I believe that emergency services will help when needed (fire, police, EMS).

Comments:

## 5. Outdoor Spaces and Buildings

Check the box you most agree with.

Yes No I Do Not Know

Road signs are easy to read and large enough for older drivers.

Sidewalks in my neighbourhood are well maintained (even surfaces or paved, not a lot of cracks).

Snow is cleared quickly after a snowfall so walking and driving is safe.

Walk lights allow enough time to cross the streets safely.

Public washroom signs are easy to see.

There are enough public washrooms in busy areas (e.g. downtown, Wascana Park, etc.).

There are enough accessible public washrooms in busy areas (e.g. downtown, Wascana Park, etc.).

Most buildings are easily accessible to everybody (e.g. have wheelchair ramps, automatic doors).

Walkways connect neighborhoods to essential services.

Comments:

## 6. Respect and Social Inclusion

Check the box you most agree with.

Yes No I Do Not Know

Older adults are usually treated with respect.

Older adults are included in community consultations and planning processes (e.g. forums, surveys, meetings, etc.)

I have opportunities to share my skills and abilities in my community.

Comments:

## 7. Community/Work Force Participation

Check the box you most agree with.

Yes

No

I Do Not Know

Older adults have enough opportunities to volunteer.

Older adults have enough paid job opportunities that meet their needs (e.g. part-time work, flexible hours, etc.).

Comments:

## 8. Social Participation/Recreation

Check the box you most agree with.

Yes

No

I Do Not Know

My neighbourhood has enough nice places to walk (e.g. walking trails, parks, well-treed streets).

Parks and walking trails in my neighbourhood are accessible and easy to use (e.g. clear paths, even surfaces, etc.).

There are enough resting areas with benches along paths or trails in my neighbourhood.

There are enough exercise opportunities mainly for older adults.

There are enough recreation programs for older adults (e.g. card games, arts, crafts).

There are enough learning programs for older adults in (e.g. computer use, gardening, photography, etc.).

There are enough programs and events that bring people of all age's together.

Recreational activities are affordable for older adults (e.g. exercise programs, community events, etc.).

Isolated older adults have opportunities to connect with others (e.g. contacted, visited, taken to activities, or are able to access opportunities from their home, etc.).

Comments:

## 9. Information/Advocacy

Check the box you most agree with.

Yes No I Do Not Know

Public service directories or automated answering services are easy to use.

There is enough help available to complete official forms (e.g., filling out government or income tax forms, citizenship papers, etc.).

There are enough advocacy services for older adults (e.g. Ombudsman, Sask Seniors Mechanism, etc.).

I can find information about events, programs and services in Regina.

Comments:

## How do you hear about services or events in your community (mark all that apply)?

- |  |   |                                       |
|--|---|---------------------------------------|
| <input type="checkbox"/> Facebook        | <input type="checkbox"/> Email          | <input type="checkbox"/> Mail         |
| <input type="checkbox"/> Poster          | <input type="checkbox"/> Friends/Family | <input type="checkbox"/> Newsletter   |
| <input type="checkbox"/> Internet search | <input type="checkbox"/> Newspaper      | <input type="checkbox"/> Other: _____ |

## How would you like to hear about services or events in your community (mark all that apply)?

- |  |   |                                       |
|--|---|---------------------------------------|
| <input type="checkbox"/> Facebook        | <input type="checkbox"/> Email          | <input type="checkbox"/> Mail         |
| <input type="checkbox"/> Poster          | <input type="checkbox"/> Friends/Family | <input type="checkbox"/> Newsletter   |
| <input type="checkbox"/> Internet search | <input type="checkbox"/> Newspaper      | <input type="checkbox"/> Other: _____ |

## 10. Health and Community Services

Check the box you most agree with.

Yes No I Do Not Know

I am able to see a doctor or nurse practitioner when needed.

If English is not my first language, I am able to find a doctor who speaks my language.

There are services that help older adults with household jobs (e.g. snow removal, lawn care, taking garbage out, etc.).

There are enough meal programs available for older adult to attend outside the home (e.g. lunch at a church or senior centre).

Services that bring meals to the home meet the needs of older adults.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
As an older adult, there is a place to go for help or someone to talk to if I feel sad, lonely, depressed or anxious.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Worrying about falling stops older adults from taking part in daily living activities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lab services are accessible if and when I need them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Comments:

### 11. Conclusion

What do you think it working well for older adults in this community (e.g. support systems, programs, neighbourhood connections, etc.)?

### What are your top three concerns?

- Housing
- Outdoor spaces & buildings
- Social participation/recreation
- Other: \_\_\_\_\_
- Transportation
- Information/advocacy
- Community/workforce participation
- Safety
- Respect & social inclusion
- Health & community services

### Is there anything else you would like to tell us?

Thank you for your participation.