

Appendix: Survey Consultation Data

General data:

- 142 people took part in the survey – approximately 60% female and 40% male
- C. Two thirds were born in Republic of Ireland or Northern Ireland
- 88% of respondents were aged 50 or above, and over half aged over 70
- 28% described themselves as disabled
- 17% would not describe themselves as in good health
- Over one quarter described themselves as widowed, and a further 17% were single people
- Around one quarter reported symptoms of sadness/depression half the time or more
- Over 17% said they only felt positive once in a while or never
- Average (mean) self-scores for overall health was 7/10
- 85% reported they actively took steps to stay healthy
- Over 50% had attended a learning activity in the past two years
- Approx. 70% reported that maintaining the Irish culture was important to them
- Over 80% were interested in joining with other Irish people for mutual support/trying new things
- 40% felt they had relevant skills/expertise to share

Reported health challenges included:

Arthritis/osteoporosis 22; Generalised pain/poor health 16; Poor mobility 11; Cardiovascular illness 10; Respiratory illness 8; High blood pressure 6; Depression/anxiety/stress 5; Obesity 4; Life limiting illness 4; Hearing or sight loss 2; Thyroid problems 2; Menopause 2; Long Covid 2; Diabetes 2; High cholesterol; Poor kidney function; Hemochromatosis; IBS; Insomnia; Shingles

When asked ‘what does living well in old age mean to you?’ – the frequency of keywords (including similar keywords as those shown) were as summarised below:

Active 14; Independence 11; Happiness 10; Sociable 7; Family 6; It’s Important 5; Financially Comfortable 4; Hobbies 2; Support 2; Less Political Correctness

When asked what worries you about getting older?” – responses were as summarised below:

Sickness 25; Dependence 20; Mobility 19; Housebound 14; Nothing 14; Loneliness 12; Money 12; Dementia 12; No Point Worrying 9; Family 9; Slowing Down 9; Death 9; Nursing Home 5; Government 5; Burdening Family 4; Housing 4; Discrimination 3; Abuse 3; Bereavement 2; Invisibility/loss of agency 2

What would help you stay healthy? – responses were as summarised below:

Exercise 56; Social contact 32; Good diet 22; Learning New Things 12; Money 10; Check ups 9; Support 8; Positive Outlook 8; Stress management 6; Moderation 6; Advice 4; Community life 4; Intergenerational contact 2; Transport 2; Time Outdoors 2; Purpose; Faith; Mindfulness

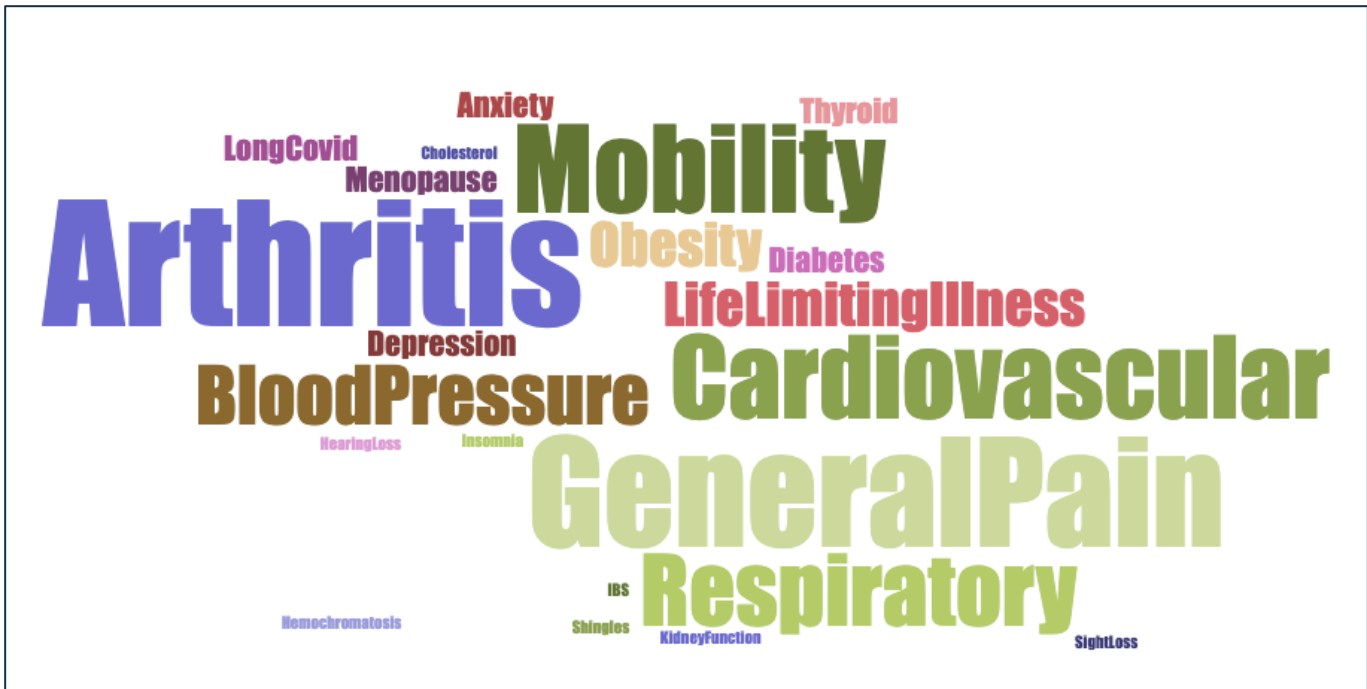
What stops you trying to stay healthy? – responses were as summarised below:

Nothing 34; Time 18; Motivation 18; Sickness/Injury 13; Confidence 5; Lack Of Services 5; Mental Health 4; Willpower 4; Money 3; Knowledge 2; Transport 2; Weather

What activity would you like to try? – responses were as summarised below:

Music 24; Dancing 17; Languages 16; Anything 8; Swimming 6; Unsure 4; Tech 4; Arts & Culture 4; Woodwork 4; Fitness 3; Cooking 3; Volunteering 3; Crafts 2; Writing 2; Flying 2; Floristry 2; Golf; Teaching driving; Bingo; Day trips; Drama; Cycling/motorcycling; Rock climbing; Skateboarding

Participants' reported health challenges:



Q: What does living well in old age mean to you?



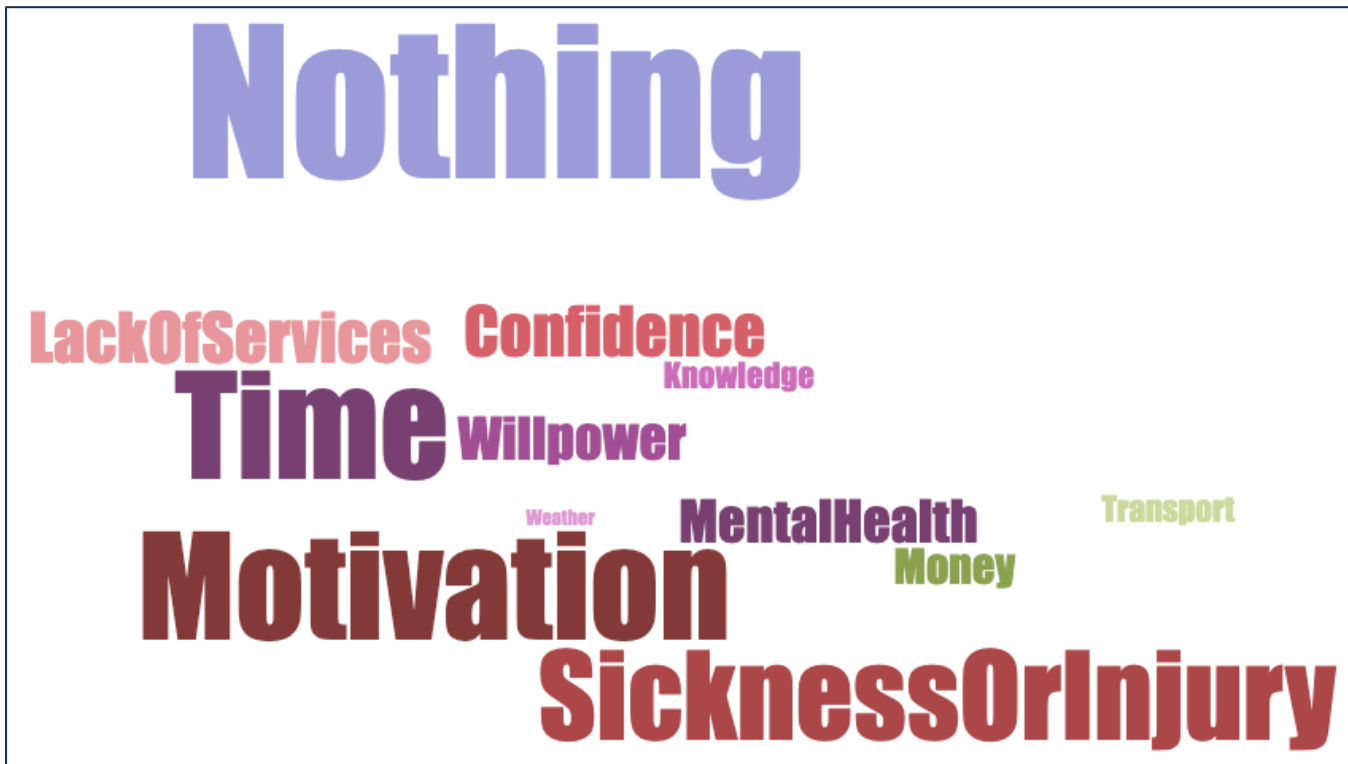
Q: What worries you about getting older?



Q: What could help you stay healthy as you age?



Q: What stops you from attempting to keep healthy?



Q: Given the opportunity, which skill/new activity would you like to do?

