The Next Chapter Survey

Analysis of Results

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As part of a community needs project (funded by the Office for Seniors) Alexandra Community House, in partnership with Central Otago District Council, sought feedback from people looking towards the next chapter in their lives and who want to spend it in the Alexandra Basin.

The purpose of the survey is to understand our communities needs as they enter their retirement years. In particular, opportunities for connectedness and community involvement, desired current and future living arrangements, what social service or healthcare needs may be required and how people travel both around town and beyond.

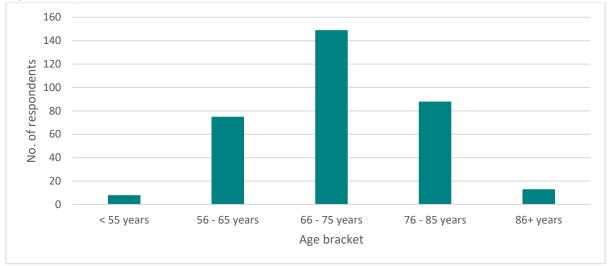
The survey was carried out between 18 August and 5 October 2020. The survey was completed predominantly online with approximately 30% being completed in hard copy which were then entered into the online system.

A total of 395 responses were received from people in Alexandra Basin, Omakau Basin, Maniototo and Teviot Valley.

This analysis summaries the responses from 364 people who currently live in the Alexandra Basin.

Survey sample





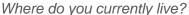
Forty percent of respondents are between the ages of 66 and 75 years. The majority of respondents are aged 66 and over and therefore at retirement age.

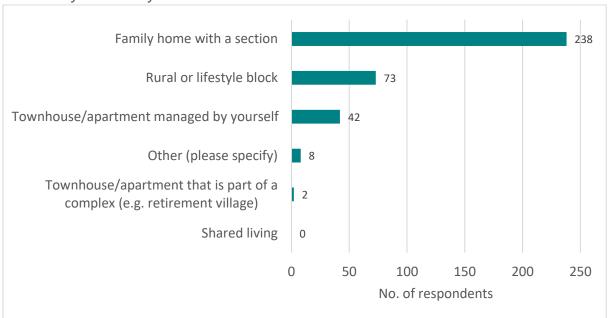
It is helpful to keep this age spread in mind as you read through the report.

Section 1: Accommodation

Respondents were asked about their current living arrangements, what they believed their future living requirements may be and what things may cause them to leave the region.

Type of property and current living situation

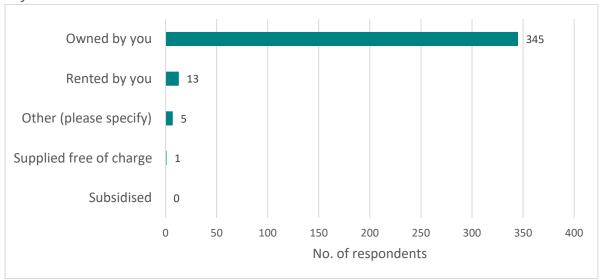




The majority of respondents live in a family home with a section, with some living rurally or on a lifestyle block and fewer in a townhouse or self-managed apartment.

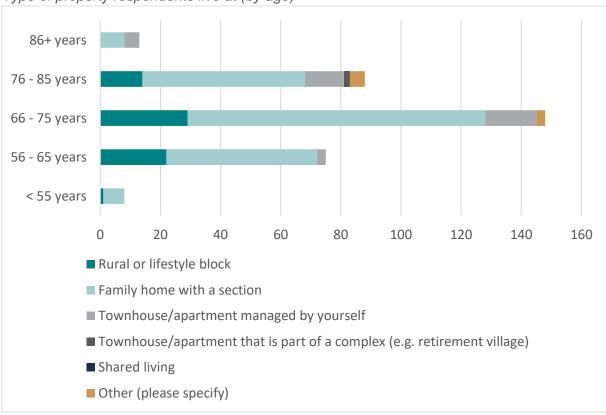
'Other' included a flat, family orchard, council house, alone in own home, one of two units, back of a truck and historic precinct.

Is your accommodation?



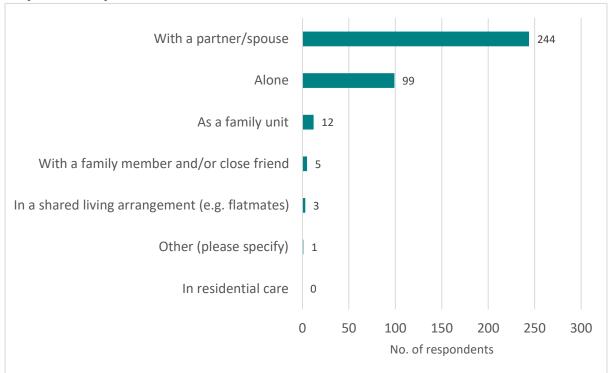
Ninety-five percent own their own home/property, with only 13 respondents renting their home. Five respondents selected 'Other', four of these stated their property was owned by a family trust and one at Ranui Village.

Type of property respondents live at (by age)



The above graph shows that the majority of respondents in each age bracket live in a family home with a section. Seventy-two respondents up to the age of 85 still live rurally or on a lifestyle block. As people have aged, they have potentially downsized, with more people aged 66 and above living in a townhouse/apartment managed by themselves than those under the age of 66.

Do you currently live...

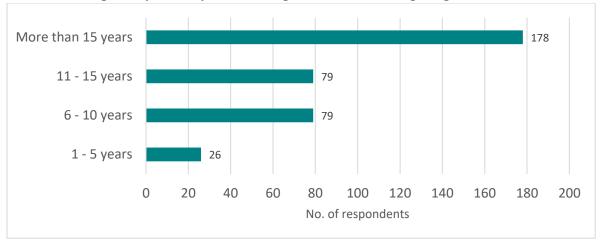


Most respondents (261) currently live with someone else, whether that be a partner or spouse, as a family unit, with a family member/or close friend or with flatmates.

Ninety-nine respondents currently live alone. Please see *Appendix 1 – Respondents living alone* for a full analysis of the results from those 99 respondents.

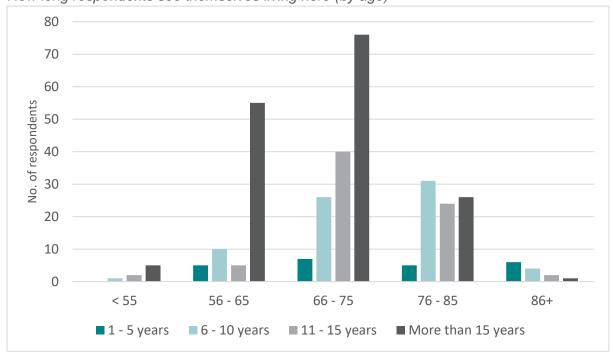
Living in Central Otago in the future



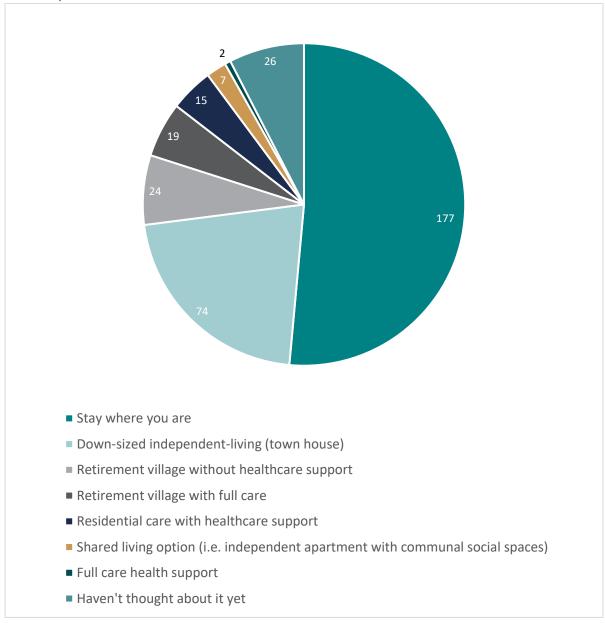


Almost half of respondents (49%) see themselves living in Central Otago for more than 15 years. With a small portion (7%) seeing themselves in Central Otago for up to only five more years.





The graph above shows how long respondents see themselves living in Central Otago by age bracket. Respondents in the younger age brackets i.e. 75 years or less, see themselves living in Central Otago for much longer than those from age 76 or older.

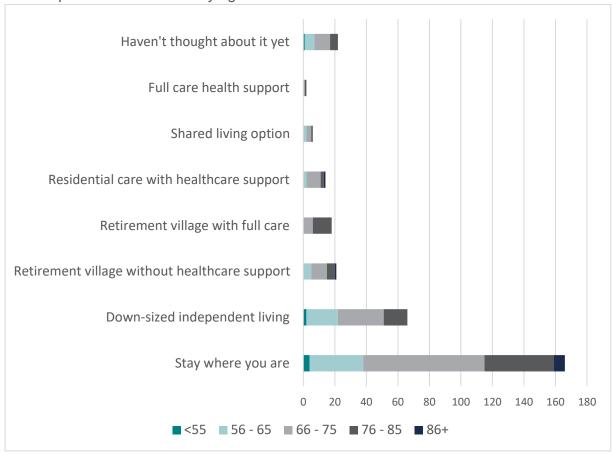


Respondents were asked to indicate what they saw as their next step for accommodation and what options they may consider for accommodation through the stages of their retirement.

Just over half of respondents indicated that they would likely stay where they are. Twenty-two percent said their next step would be to down-size their property but continue living independently. Eight percent hadn't thought about the next step yet and another 8% felt a retirement village without healthcare support would be their next step.

For those who currently live with a partner or spouse, the information shows a similar trend to that of the total respondents. 'Stay where you are' was selected the most, followed by down-sized independent living and 'haven't thought about it yet'. The fourth most commonly selected option for this group was retirement village without health care support. This is likely because the majority of respondents live with a partner or spouse.

Next step for accommodation by age



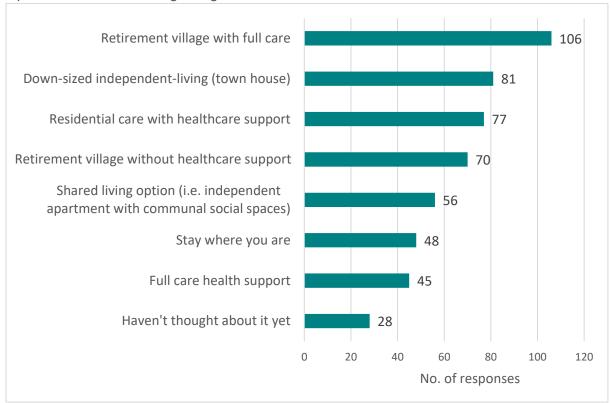
The majority in each age group selected 'stay where you are' as the next step in accommodation, followed by down-sized independent living. Respondents in the 66-75 and 76-85 age brackets saw retirement village with or without care or residential care with support as their next step in accommodation, more so than those in the younger age brackets.

Interestingly, 10 respondents in the 66 - 75 and five respondents in the 76 - 85 age brackets haven't thought about their next step yet.

The table below details the numbers of respondents in each age bracket.

·					
	<55	56 - 65	66 - 75	76 - 85	86+
Stay where you are	4	34	77	44	7
Down-sized independent living	2	20	29	15	0
Retirement village without healthcare support	0	5	10	5	1
Retirement village with full care	0	0	6	12	0
Residential care with healthcare support	0	2	9	2	1
Shared living option	0	2	3	1	0
Full care health support	0	0	1	1	0
Haven't thought about it yet	1	6	10	5	0

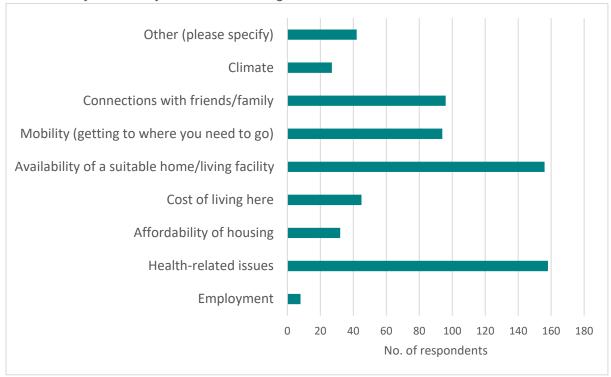




Respondents were asked to select as many options as may be applicable to them in the future. Retirement village with full care was selected the most, followed by down-sized independent-living, residential care with healthcare support and retirement village without healthcare support.

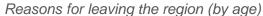
Of the 45 respondents who selected 'Full care health support' as an option they'd considered, the majority (78%) are aged 66 and above.

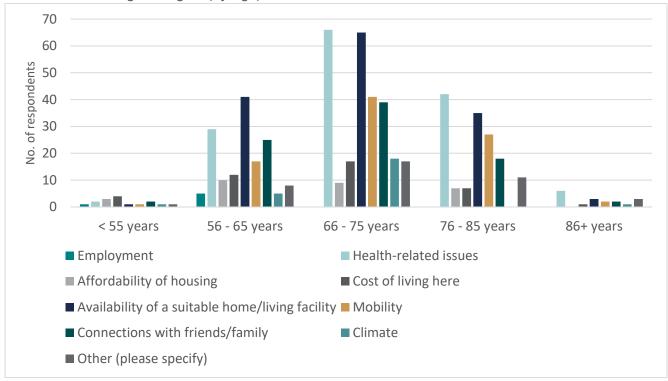
What is likely to cause you to leave the region?



The most common reasons respondents believe will cause them to leave Central Otago are health-related issues, availability of suitable home/living facility, mobility and connections with friends and family.

'Other' reasons included a lack of retirement village in Alexandra, death, they have no plan to leave, ill health and feeling disconnected from the community.

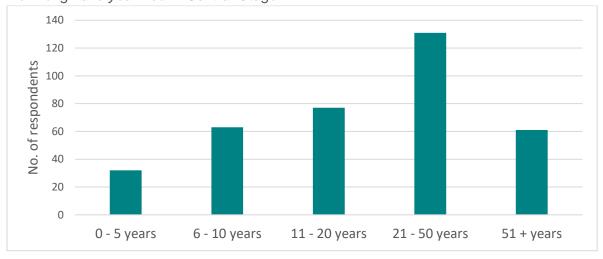




When looking at the data by age bracket there are some trends. 'Health-related issues' was identified as a reason for leaving the area in all age brackets, followed by availability of a suitable home/living facility.

For those aged up to 65, things such as employment, affordability of housing and cost of living here were selected more frequently, whereas for those aged 66 and over mobility and connections with friends/family were selected more frequently.





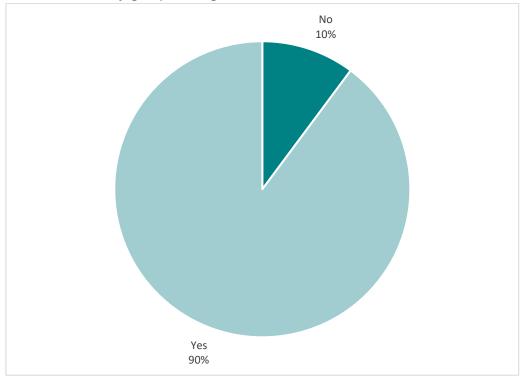
Over half of all survey respondents (56%) have lived in Central Otago for 21 years or more, with 61 respondents having lived here for 51+ years. A small percentage (9%) has lived here for five years or less. This shows that most respondents have called Central Otago home for a long time.

Section 2: Community connections

Respondents were asked about how connected they are within the community. Whether they are members of groups or organisations, if they work or volunteer, what services they currently use and what support they believe they may need access to in the future.

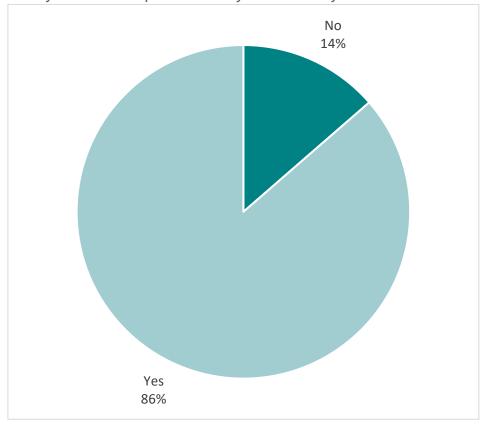
Involvement in the community

Are you a member of any groups or organisations?



Respondents were asked if they are a member of any groups or organisations. Eighty-six percent of people (292) are a member of a group or organisation. See *Appendix two – Groups and Organisations* for a full list.

Do you have any interests and pastimes that you are actively involved in?



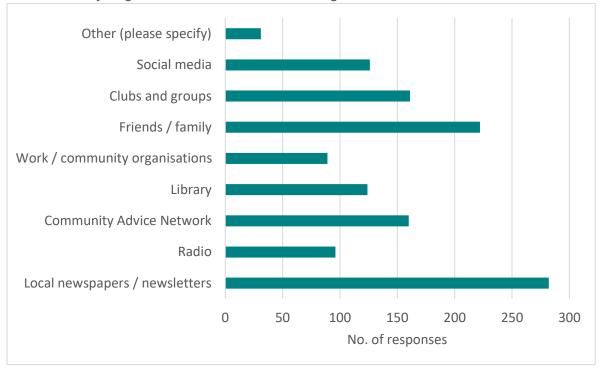
Respondents were also asked if they had any interests or pastimes that they are actively involved in. Eighty-nine percent of people (300) are actively involved in at least one interest or pastime. See Appendix three – Interests and Pastimes for a full list.

Of note, there are seventeen respondents who are not a member of any group or organisation and do not have any interests or pastimes that they are actively involved in. When looking further into the information provided by these people, there are some notable trends.

- Eleven of these people work either full or part-time, they all live with a partner/spouse (or shared living), have daily or weekly contact with family, friends, neighbours or colleagues, and all said there were no barriers to them using technology. From this information, we can assume that these people are connected with their community and are not isolated.
- Four of these people do not work or volunteer but do live with a partner or spouse and have at least weekly contact with family, friends or neighbours.
- Two live alone, are both in the 76 85 age bracket and both have daily contact with family, carers, neighbours and other service providers.

Is there anything you would like to get involved in if it was available, now or in the future? The responses to this question provide an insight into the gaps in groups, activities and pastimes that respondents believe are not currently available in the area. See Appendix four – Groups and activities respondents would like to get involved in for a full list.

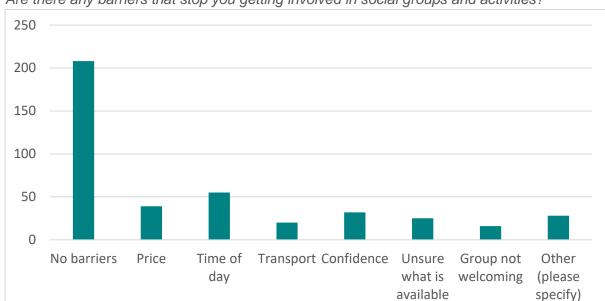




The most commonly selected option is local newspapers / newsletters. 'Friends and family' is also a popular way to find out about what's out there in the community.

'Other' includes the internet, i-Site (when it was open), Age Concern, TV news, apps and Community House.

Please note: this survey was open for feedback shortly after the closure of some of the i-Sites in Central Otago which may have had an influence on the feedback received.



Are there any barriers that stop you getting involved in social groups and activities?

People were asked to select as many barriers as are applicable. Two-hundred and eight people selected no barriers (it is assumed that this is the only one they selected). Otherwise, the most common barrier is the time of day a social group or activity is held, followed by price.

'Other' barriers include work, no time, other regular commitments, energy, health, mobility, committed to assisting/supporting spouse, covid-19. One respondent made comment that some people enjoy their own company and that just because one is not involved in groups and activities it does not necessarily mean they are lonely.

For respondents aged up to 65 years, time of day and price are the biggest barriers to getting involved in social groups and activities. For those aged 66 and over time of day, price, transport and confidence are the main barriers.

When looking at the information provided by those who are employed (full-time or part-time) there is no difference in the barriers to getting involved when compared to those who are not employed. Time of day is the most common barrier, followed by price.

Connectedness

Regular connections

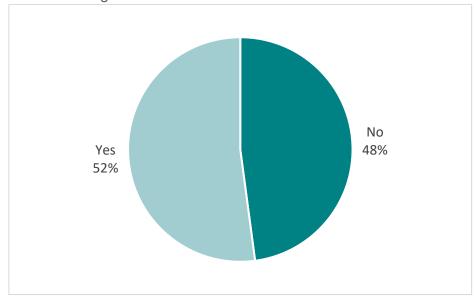
	Daily	Weekly	Monthly	Less than monthly
Family	106	147	42	26
Friends	118	183	16	4
Carers	11	13	1	22
Service support providers	5	13	6	28
Neighbours	88	156	40	16
Groups / clubs	19	200	51	3
Work colleagues	53	29	3	10
TOTAL	400	741	159	109

Respondents were asked to provide an overview of their regular connections by selecting how often they had contact with family, friends, carers, neighbours and colleagues. They were encouraged to select as many as were applicable. The table above shows the number of respondents who selected each one.

The respondents to this survey are relatively well connected with the majority having regular connections with family and/or friends, neighbours or groups/clubs at least weekly. Fewer respondents have regular contact (daily or weekly) with carers and service providers which suggests a good level of health and wellbeing within this group.

Twenty-six respondents have contact with family less than monthly. When looking into these responses in more detail, all but one respondent had regular contact with friends, carers, service providers, neighbours or groups/clubs i.e. at least weekly.

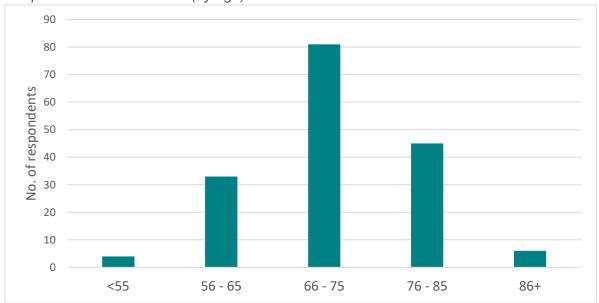
Do you volunteer on a regular basis?



Just over half of all respondents' volunteer on a regular basis. The number of hours is varied. The table below provides details of the 149 respondents who chose to include the number of hours they volunteer.

Volunteer hours per week	No. of respondents
1 - 10 hours	81
11 - 20 hours	38
More than 20 hours	19
Unsure or didn't say	11

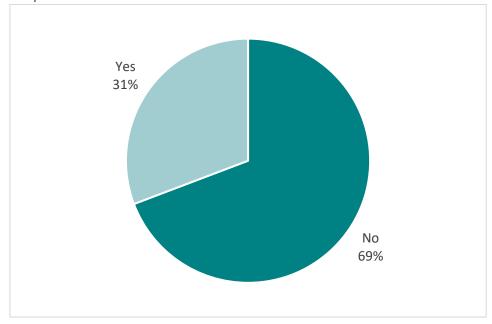
Respondents who volunteer (by age)



Most respondents who volunteer are retirement age and fall in the 66 - 75 or 76 - 85 age brackets. Just over half of respondents aged 66 - 75 volunteers on a regular basis.

Six respondents aged 86+ still volunteer.

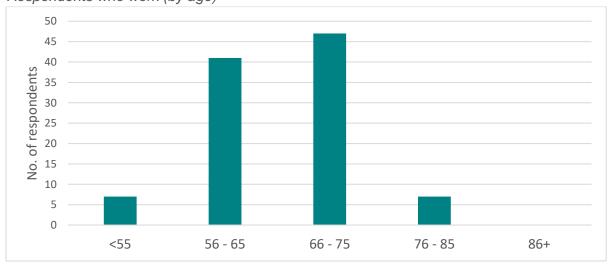
Do you work part-time or full-time?



Thirty-one percent of respondents work either part-time or full-time. The number of hours varies hugely. The table below provides details of the 104 respondents who chose to include the number of hours they work.

Hours worked per week	No. of respondents
1 to 10 hours	16
11 to 20 hours	22
21 to 30 hours	18
31 to 40 hours	19
40+	10
It varies or respondent described what they did	18

Respondents who work (by age)



The majority of respondents who work are aged up to 75. Fifty-five percent of all respondents aged 56 – 65 work full-time or part-time. All but one respondent aged <55 work full or part-time (seven out of eight respondents).

Community Support

Community support respondents currently use or may use

	Currently use	Would like to access now	May use in next 10 years
House cleaning	41	9	165
Gardening	45	12	158
Household maintenance	24	15	156
Social service support	23	3	115
Meals on wheels	7	3	106
Home health support	10	4	112
Library services	158	6	46
Respite care (day or overnight)	1	5	76
Gold card services provided in the district	106	26	62
Financial planning and budget support	15	2	54

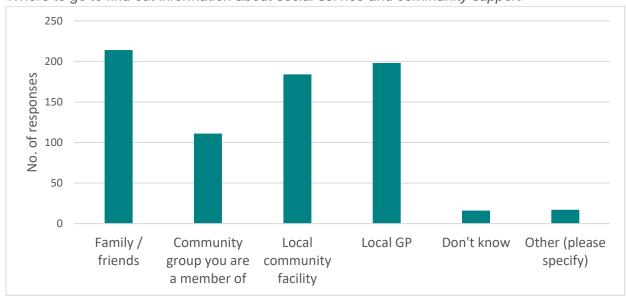
Respondents were asked to provide an overview of the community support they currently use, would like to use, or may use sometime in the future.

Household services such as cleaning, gardening and general maintenance are currently being used by a small number of respondents. These services have been selected by half of respondents as something they would like to access in the next 10 years. This suggests a need for more of these services in the future.

There is a similar trend for services such as social service support, meals on wheels, home health support and respite care.

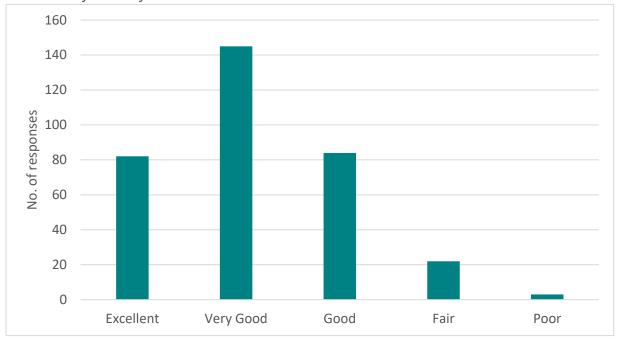
Services such as library and gold card services provided in the district are being well used by respondents currently, but fewer respondents see the need for these services in the future.

Where to go to find out information about social service and community support



Respondents were asked to select as many options as were relevant. 'Other' includes, internet, Community House, Age Concern and the Central App.

How would you rate your health?

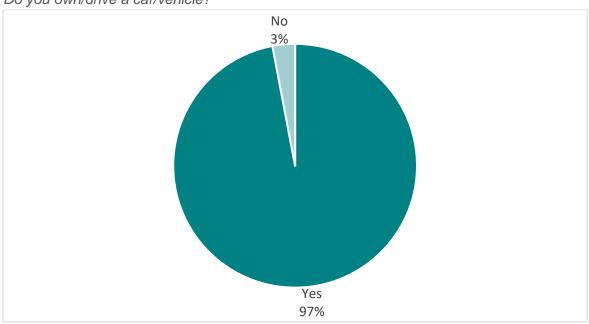


Eighty-five percent of respondents rate their health as good, very good or excellent. Overall, respondents to this survey are healthy, active and well connected.

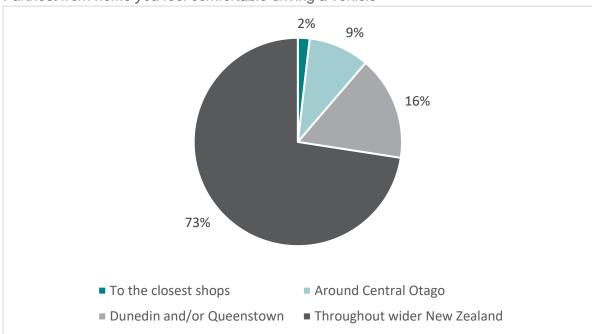
Section 3: Transport and Mobility

Respondents were asked to provide some information about their transport and mobility to gain an understanding of the needs of the community regarding how they get around town and further afield.





Furthest from home you feel comfortable driving a vehicle



These graphs show that this group is very mobile with the majority of respondents driving their own vehicles. They also have the confidence to be driving throughout New Zealand or as far as Dunedin and Queenstown. A very small portion will only drive their vehicle to the closest shops.

What other forms of transport do you use?

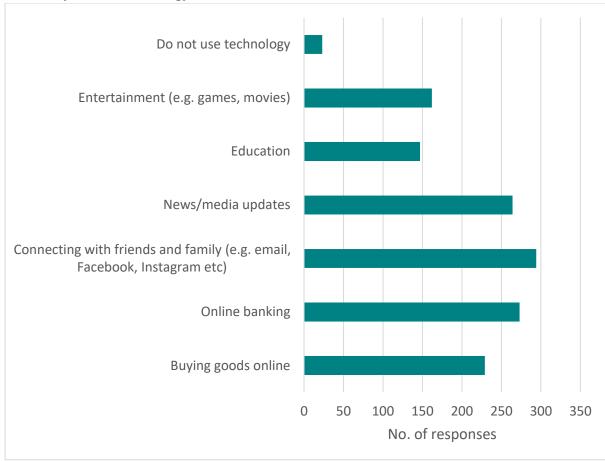
	Locally	Beyond Central Otago
Walk	257	19
Assisted walking	12	0
Bicycle	136	27
Mobility scooter	12	0
Friends and/or family	59	54
Partner/spouse	55	69
St Johns bus	17	46
Shuttle / taxi	7	16
Public transport	10	44
I don't travel outside the region	2	6

Walking and biking are very popular ways of getting around for this group, with a large number of respondents walking or biking locally as a form of transport. Walking and cycling tracks, footpaths, and cycle lanes are being well used by respondents to this survey.

Other popular forms for transport are friends or family and partner/spouse.

Technology

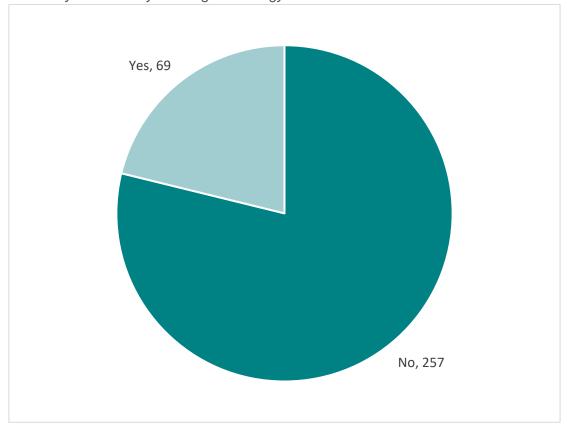




Respondents to this survey are relatively high users of technology with only twenty-three people indicating that they don't use technology at all. Respondents are using technology for things including connecting with family and friends, banking, news and media and buying goods. This group are well connected through technology.

When looking at this data by age, there are no differing trends. There is a relatively even split across the age brackets. The 23 respondents who do not use technology at all fall in the 76 – 85 and 86+ age brackets.

Are there any barriers to you using technology?



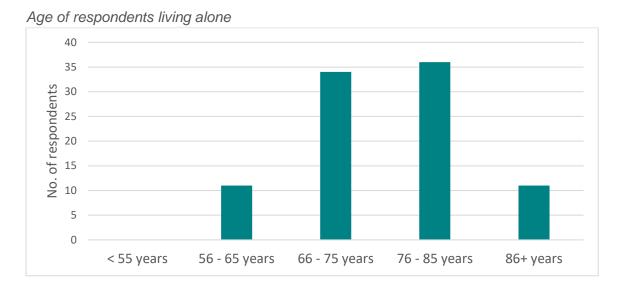
Just over 20% of respondents said there were barriers to their using technology. The reasons given include a lack of knowledge, no computer or device, trying to keep up to date with developments in technology, some believe they are too old, issues with WIFI and broadband, don't like or trust it, no confidence in using technology, costs associated with it and poor vision.

Of those who feel there are barriers to using technology the majority (56) are aged 66 years or older. Eleven respondents aged 55 – 65 years said they had barriers to using technology, the majority of these barriers related to Wi-Fi, broadband speed and costs of technology.

Appendix one - Respondents living alone

To better understand the needs of those entering retirement years and are living alone, analysis of responses has been done specifically for this group.

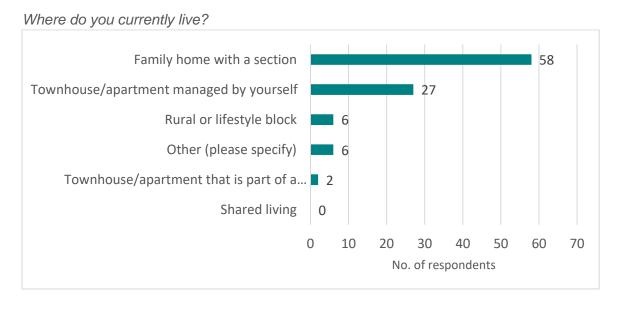
This part of the report provides more detail about the 99 respondents who are living alone.



Most respondents who live alone are aged between 66 and 85 years of age.

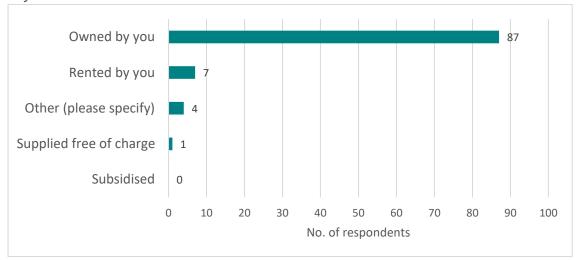
Section 1: Accommodation

Type of property and current living situation



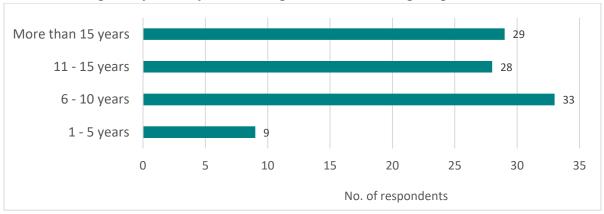
As with the overall data the majority of respondents living alone currently live in a family home with a section or in a townhouse/apartment that they manage themselves. Proportionately fewer people who live alone live on a rural or lifestyle block.

Is your accommodation?



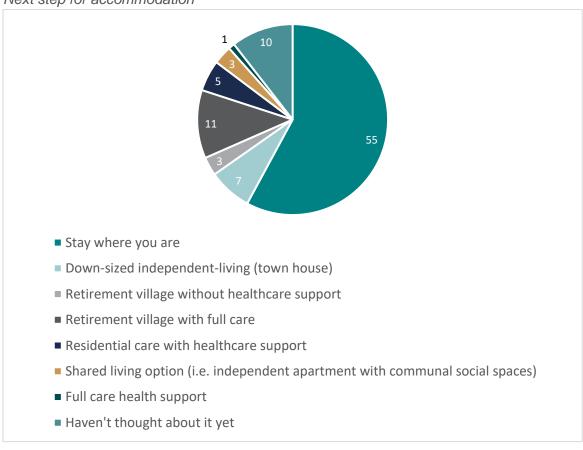
Living in Central Otago in the future

How much longer do you see yourself living in the Central Otago region?



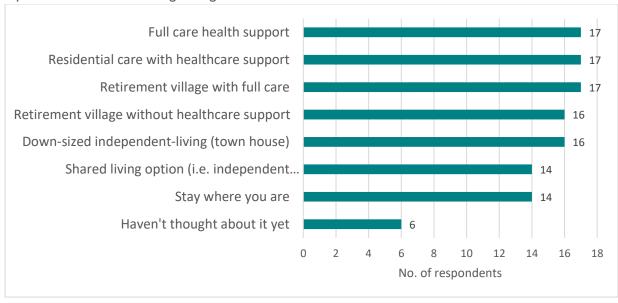
Those living alone mostly see themselves living in Central Otago for up to 15 years, a shorter timeframe than who are currently live with a spouse, family or friends who see themselves living here for more than 15 years.

Next step for accommodation



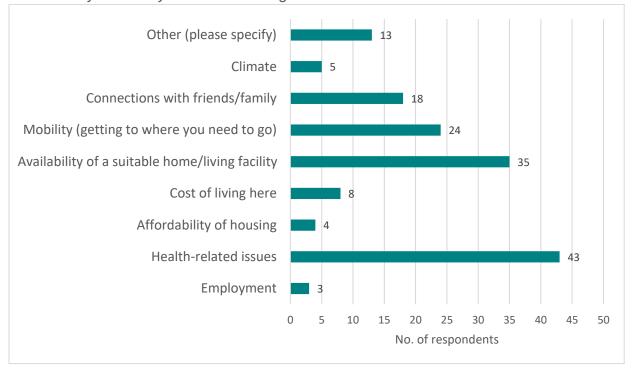
Just over half of this group plan to stay where they are. Proportionately this graph is very similar to that of the total respondents. The biggest difference is that those who live with someone else are more likely to consider down-sized independent living as a next step and those who live alone who are more likely to consider retirement village with full care.

Options considered through stages of retirement



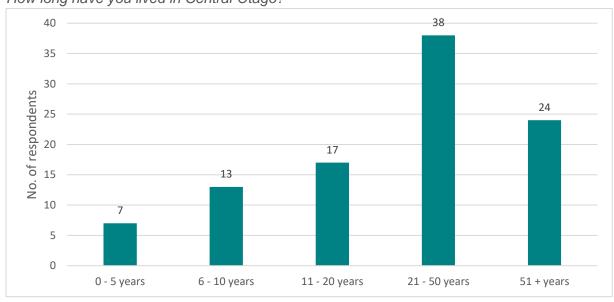
Living options with care were selected most by those living alone.

What is likely to cause you to leave the region?



These results are proportionately very similar to those of the total respondents. Most common reasons those who live alone believe will cause them to leave Central Otago are health-related issues, availability of suitable home/living facility and mobility.

How long have you lived in Central Otago?

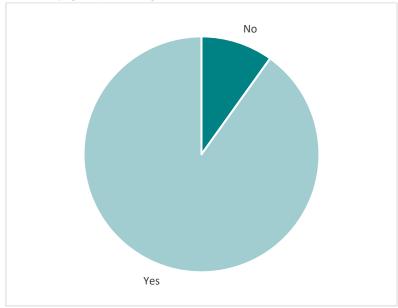


Approximately two-thirds of those who live alone have been in Central Otago for more than 21 years.

Section 2: Community connections

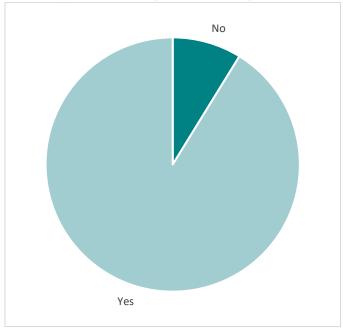
Involvement in the community

Are you a member of any groups or organisations?



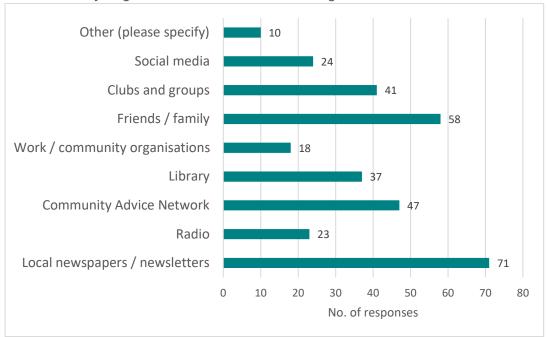
Ninety percent (82 respondents) of those living alone are a member of a group or organisation.

Do you have any interests or pastimes that you are actively involved in?



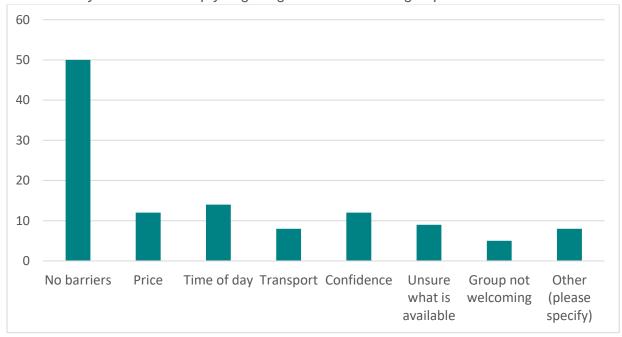
Ninety-one percent of those respondents living alone (83) are actively involved in at least one interest or pastime.





The most commonly selected way of finding information about things to be involved in is local newspapers / newsletters and family and friends. Again, this is proportionately very similar to the results from all respondents.

Are there any barriers that stop you getting involved in social groups and activities?



Fifty of the 99 respondents living alone selected no barriers (it is assumed that this is the only one they selected). Otherwise, as with the results from all respondents, the most common barrier is time of day, followed by price and confidence.

Connectedness

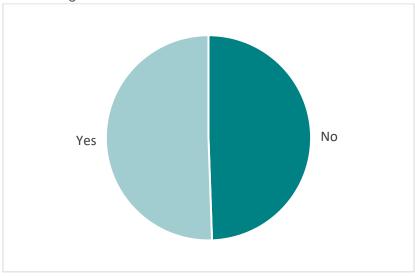
Regular connections

	Daily	Weekly	Monthly	Less than monthly
Family	18	47	6	15
Friends	37	46	3	2
Carers	7	7	1	8
Service support providers	4	9	1	8
Neighbours	30	36	10	4
Groups / clubs	7	47	19	1
Work colleagues	4	8	1	3

Respondents selected how often they had contact with family, friends, carers, neighbours and colleagues. They were asked to select as many as applicable. The table shows the number of respondents who selected each one.

Respondents living alone appear to be relatively well connected with the majority of this group seeing family and/or friends, neighbours or groups/clubs at least weekly.

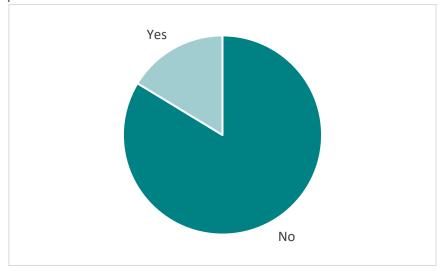
Do you volunteer on a regular basis?



Half of respondents who live alone volunteer on a regular basis. The number of hours is varied. The table below provides detail of the 46 people who answered the question about the number of hours they volunteer.

Volunteer hours per week	No. of respondents
1 - 10 hours	26
11 - 20 hours	6
More than 20 hours	6
Unsure or didn't say	8

Do you work part-time or full-time?



Fifteen respondents who live alone work either part-time or full-time. The table below provides details of the 12 respondents who included the number of hours they work.

Hours worked per week	No. of respondents
1 - 10 hours	3
11 - 20 hours	3
More than 20 hours	3
Varies or didn't say	3

Community Support

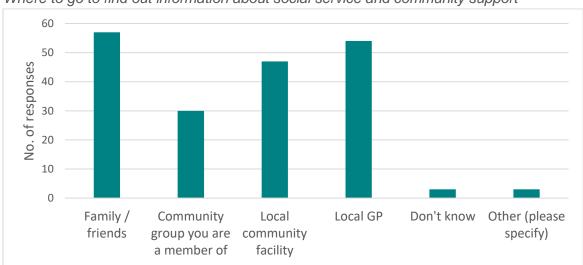
Community support respondents currently use or may use

	Currently use	Would like to access now	May use in next 10 years
House cleaning	27	2	37
Gardening	26	7	30
Household maintenance	11	7	28
Social service support	8	2	28
Meals on wheels	6	2	27
Home health support	6	2	28
Library services	45	1	13
Respite care (day or overnight)	1	1	16
Gold card services provided in the district	27	9	8
Financial planning and budget support	6	1	11

Respondents were asked to provide an overview of the community support they currently use, would like to use, or may use sometime in the future.

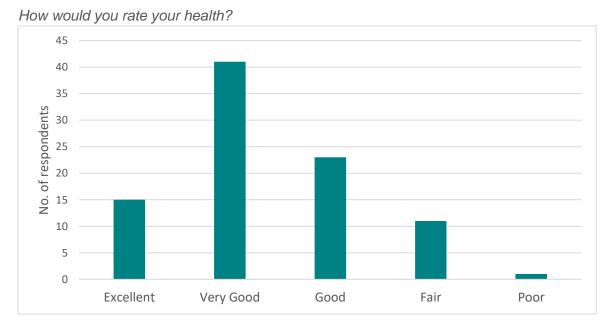
For those living alone, household services such as cleaning and gardening are currently being used with an increase in demand for these services in the next 10 years.

There is future demand, from this group, for services such as household maintenance, social service support, meals on wheels, home health support and respite care. This relates to the information from these respondents regarding their next step for accommodation where 60% would like to remain in their current living situation (majority in their own home) for the foreseeable future.



Where to go to find out information about social service and community support

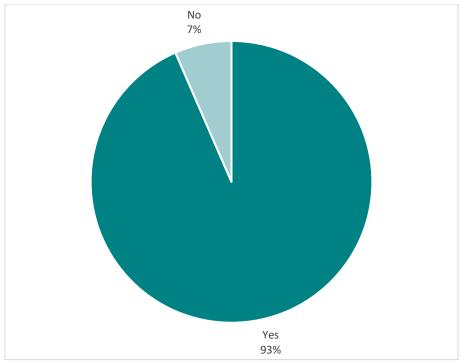
Three respondents living alone don't know where to go to find out information about social services and community support. Family / friends or local GP are the most popular ways for those living alone to find information.



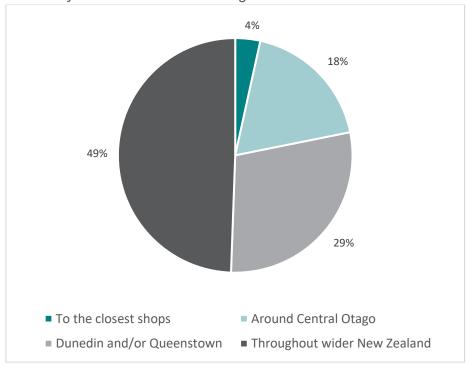
The majority of those living alone rate their health as good, very good or excellent. One respondent living alone rates their health as poor.

Section 3: Transport and Mobility

Do you own/drive a car/vehicle?



Furthest from home you feel comfortable driving a vehicle



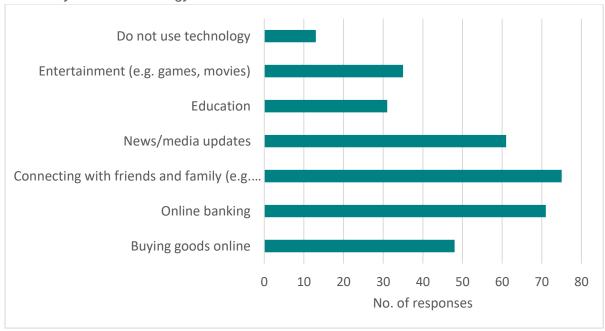
The number of respondents who live alone and drive a vehicle is proportionately similar to the overall respondent results. However only half of this group will drive throughout New Zealand compared to 73% of overall respondents.

What other forms of transport do you use?

	Locally	Beyond Central Otago
Walk	70	1
Assisted walking	8	0
Bicycle	23	1
Mobility scooter	7	0
Friends and/or family	21	23
Partner/spouse	2	0
St Johns bus	9	16
Shuttle / taxi	1	3
Public transport	6	16
I don't travel outside the region	2	1

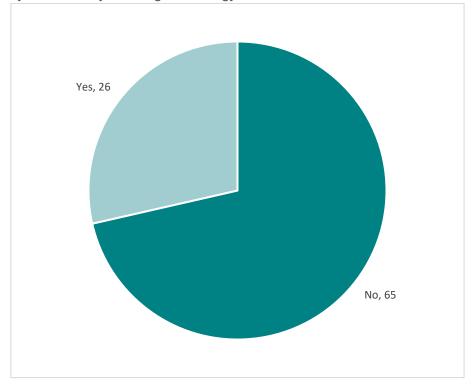
Technology

What do you use technology for?



Those respondents living alone are relatively well connected through the use of technology with 76% using technology to connect with friends and family. They are also using technology for banking, news and media updates and buying goods online.

Are there any barriers to you using technology?



Nearly 30% of respondents living alone stated there are barriers to their using technology. The barriers include, lack of knowledge, no computer or device, not being able to keep up with developments in technology, costs associated with technology, believing they are too old and confidence.

Of those who answered 'yes', the majority (19) are aged 76 - 85 years or 85+ years. However, there are also three respondents that fall in the 56 - 65 age bracket and three in the 66 - 75 age bracket.

Appendix two - Groups and organisations

- Neighbourhood support
- Community patrol
- Probus
- St John
- Gets Ready
- Church
- White baiters Assoc.
- Bridge
- Croque
- Travel Club
- Central Stories
- Friendship Club
- Age Concern
- Senior Citizens
- Rotary
- Garden Club
- Spinners & Weavers
- Golf Club
- Cycling Club
- District Club
- Rugby Club
- Motorcycle Club
- Tramping Club
- Patchwork
- Sewing
- Knitting
- Meals on Wheels
- Lions
- Oasis Op Shop
- Art Society
- Hospice
- Library
- Embroidery Guild
- Petanque
- Ladies Lunch Group
- Pipe band
- U3A
- Freemasons
- Central Cinema
- Keep Alexandra Beautiful
- Promote Dunstan
- OGHT
- Dunstan Riding Club

- WGHS Old Girls
- Golden Oldies Hockey
- High Country Pleasure Riders
- Alzheimers Otago
- ICONZ
- Step Ahead
- Falls Prevention
- Book Club
- Iris Society
- Central Otago 4WD Club
- ACAN
- Haehaeata nursery
- Parkinson
- Low Vision
- Cake Decorating
- Thai Chi
- Mah Jong
- Ukulele group
- Birthright
- Singing group
- Cancer Society
- Basketball Club
- Writers circle
- Rural Women NZ
- Ice in line
- Mountain Bike Club
- CO REAP
- Yoga group
- Coffee group
- T & C Club
- RSA

CO Environmental Society

- Grey Power
- Line Dancing
- Harriers
- Pistol Club
- Victims Support
- Foodbank
- CO Tree Growers
- Gym
- Musical Society
- Men's Shed
- NZ Motor Home Assoc.

Appendix three – Interests and pastimes

- Yoga
- Music
- Water sports
- Curling
- RSA
- Harriers
- Biking
- Walking
- Rugby
- History
- Swimming
- Patchwork
- Pub quizzes
- Viticulture
- Horticulture
- Golf
- Planting natives
- Garden Club
- Community activities
- Bowls
- Pottery
- Motorcycling
- Vintage cars
- Christian Fellowship
- Boating
- Lions
- Museum
- Tramping
- Reading
- Mainly Music
- Fishing
- Library
- Crochet
- Hunting
- White baiting
- Supporting elderly
- Caravanning
- Baking
- Cancer society
- Skiing
- Hockey Turf
- Card making
- Embroidery

- Transport for grandchildren
- Mah Jong
- Badminton
- Kayaking
- Painting class
- Patchwork
- Handcrafts
- Knitting
- Support person
- Gym
- Cinema
- Birthright
- Tai chi
- Senior Citizens
- Study group
- Lectures
- Walking the dog
- Church
- Bridge
- Singing
- Grafting fruit trees and setting orchard
- Dinner club
- Marching
- Orcharding
- Cooking
- Photography
- Astronomy
- Shooting
- News
- Travel
- Livestock management
- Flower growing
- Spinning and felting
- U3A
- · Caring for hens
- Ancestry
- NZSO
- Ukulele
- Petanque
- Bone carving
- Amateur radio
- Car racing

Appendix four – Groups and activities respondents would like to get involved in

- Stay involved in current groups
- Volunteer work
- Aged care
- Unsure
- Learning Te Reo Maori
- Striving for a retirement village
- Pilates
- Walking
- Golf
- Friends
- Dance
- Pottery
- Part-time work
- Finding my 'tribe'
- Bowls
- Hockey new Turf at Molyneux Park
- Writing
- Singing
- Curling international style
- Health
- Pilates
- Writing group
- Community support groups
- Dancing
- More advanced Tai-Chi
- Friendship groups
- Green Party membership
- Exercise group
- Men's Shed
- Art lessons
- Bowling club

- Mah Jong group
- Book group
- Embroidery group
- Hiking group
- Open to all suggestions
- Music
- Library talks on new books
- Inter-generational meet up groups
- A place to meet for a quiet chat and cup of refreshment
- Swimming
- Helping refugees
- Card games
- Mosaic craft group
- Women's group
- Concerts
- Events
- Town progress
- Genealogy
- Astronomy
- Study for interest
- Local government planning & National Policy Statements
- Pottery
- Trapping of predators
- Natives planting
- A forum for new ideas with speakers from all over