

# Experiences of people aged 50 or over in Wales during the Covid-19 lockdown



This survey is for people aged 50 or over across Wales, and is being undertaken by key organisations that represent older people.

It is important that Welsh Government and others hear from older people about their experiences of the lockdown and the impact that this has made on them.

This survey will take **15 minutes** to complete.

Your response is anonymous.

**Thank you for your support in completing this survey.**

## A. Lockdown

**A1.** During the lockdown I was part of a shielded group  Yes  No

**A2.** During the lockdown I lived with someone who was part of a shielded group  Yes  No

**A3.** During the lockdown I was self isolating  Yes  No

**A4.** I live alone  Yes  No

**A5.** I access the internet  Yes  No

If **yes**, I access the internet via:  Computer  Smart Phone  Tablet

If **no**, do you think it would have been helpful to have access to the internet?  Yes  No

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## B. Your experiences during lockdown

**B1.** How have you been accessing information and updates about the lockdown?  
(Select any that apply)

- |   |  |
|---|--|
| <input type="checkbox"/> TV news                    | <input type="checkbox"/> Online                              |
| <input type="checkbox"/> Radio                      | <input type="checkbox"/> Local newspaper                     |
| <input type="checkbox"/> Via friends / family       | <input type="checkbox"/> National newspaper                  |
| <input type="checkbox"/> Via your care worker       | <input type="checkbox"/> I don't receive regular information |
| <input type="checkbox"/> Other, please state: _____ |  |

**B2.** What do you think could be done to improve communication regarding Covid-19 and lockdown in Wales? (e.g. clarity, consistency, impact on Wales, non-web based, terminology, use of statistics)

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**B3.** What have been your positive experiences during lockdown?

- |   |  |
|---|--|
| <input type="checkbox"/> Help from family / friends | <input type="checkbox"/> Help from local community / local Council |
| <input type="checkbox"/> Improved quality of life   | <input type="checkbox"/> More time                                 |
| <input type="checkbox"/> Less pressure              | <input type="checkbox"/> Other, please state: _____                |

Please explain:

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**B4.** What have been the challenging experiences for you during the lockdown

- |  |  |
|--|--|
| <input type="checkbox"/> Not seeing family / friends | <input type="checkbox"/> Caring for a spouse / friend / relative |
| <input type="checkbox"/> Bereavement or grief        | <input type="checkbox"/> Loneliness                              |
| <input type="checkbox"/> Impact on emotional health  | <input type="checkbox"/> Impact on physical health               |
| <input type="checkbox"/> Accessing food              | <input type="checkbox"/> Accessing prescriptions                 |
| <input type="checkbox"/> Cost of living              | <input type="checkbox"/> Exercising individual rights            |
| <input type="checkbox"/> Transport                   | <input type="checkbox"/> Scams or abuse                          |
| <input type="checkbox"/> Access to cash              | <input type="checkbox"/> Other, please state: _____              |

**B5.** What has been your experience of accessing health or social care during lockdown? (e.g. missed hospital appointments, access to GP, social care visits, dentists, nail cutting)

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**B6.** What impact have your experiences during lockdown had on you?

very positive     positive     managed     negative     very negative



## C. Moving out of lockdown

**C1.** What would help you to access any health or social care you need as we move out of lockdown? (information, hospital or GP appointment, visit from carer / social worker, help with daily living, transport)

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**C2.** What are you looking forward to as lockdown eases? (e.g. seeing family / friends, hairdressing, going out, shopping, travel, help with gardening / house maintenance)

- |   |  |
|---|--|
| <input type="checkbox"/> Seeing family / friends              | <input type="checkbox"/> Having a haircut  |
| <input type="checkbox"/> Podiatry, other similar appointments | <input type="checkbox"/> Going out         |
| <input type="checkbox"/> Shopping                             | <input type="checkbox"/> Travel            |
| <input type="checkbox"/> Help with gardening                  | <input type="checkbox"/> House maintenance |
| <input type="checkbox"/> Other, please state: _____           |  |

**C3.** As we move out of lockdown what do you see as likely to be most challenging for you? (e.g. confidence to go out, loss of support provided during lockdown, feeling safe, using distancing / masks, using public transport, access to public toilets, resumption of clubs / groups)

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**C4.** What would support you to engage with your local community as lockdown eases? (localised information, someone to chat to, facilities open / accessible, to meet more people, volunteering)

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**C5.** Are there any further comments you would like to make regarding the easing of lockdown restrictions or potential introduction of future restrictions?

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## D. Is there anything else you would like to let us know?

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## E. About you (please tick as appropriate)

**E1.** I live in:

- |  |   |   |   |
|--|---|---|---|
| <input type="checkbox"/> Blaenau Gwent     | <input type="checkbox"/> Bridgend           | <input type="checkbox"/> Caerphilly       | <input type="checkbox"/> Cardiff        |
| <input type="checkbox"/> Carmarthenshire   | <input type="checkbox"/> Ceredigion         | <input type="checkbox"/> Conwy            | <input type="checkbox"/> Denbighshire   |
| <input type="checkbox"/> Flintshire        | <input type="checkbox"/> Gwynedd            | <input type="checkbox"/> Isle of Anglesey | <input type="checkbox"/> Merthyr Tydfil |
| <input type="checkbox"/> Monmouthshire     | <input type="checkbox"/> Neath Port Talbot  | <input type="checkbox"/> Newport          | <input type="checkbox"/> Pembrokeshire  |
| <input type="checkbox"/> Powys             | <input type="checkbox"/> Rhondda Cynon Taff | <input type="checkbox"/> Swansea          | <input type="checkbox"/> Torfaen        |
| <input type="checkbox"/> Vale of Glamorgan | <input type="checkbox"/> Wrexham            |   |   |

**E2.** I describe my ethnicity as:

### White

- English / Welsh / Scottish / Northern Irish / British
- Irish
- Gypsy or Irish Traveller
- Any other White background

### Asian / Asian British

- Indian
- Pakistani
- Bangladeshi
- Chinese
- Any other Asian background

### Black / African / Caribbean / Black British

- African
- Caribbean
- Any other Black / African / Caribbean background

### Other ethnic group

- Arab
- Any other ethnic group

**E3.** I am:

- Male     Female     Transgender     Prefer not to say  
 Other, please specify: \_\_\_\_\_

**E4.** I am aged:

- 50-54     55-59     60-64     65-69     70-74     75-79     80-84  
 85-89     90-94     95-99     100 or over

**E5.** I am:

- Bisexual     Gay Man     Lesbian / Gay Woman  
 Heterosexual     Prefer not to say     Other, please specify: \_\_\_\_\_

**E6.** Do you consider yourself to have a disability according to the terms given in the Equality Act 2010?

- Yes     No

The Equality Act 2010 defines a person as disabled if they have a physical or mental impairment, which has a substantial and long term adverse effect on the person's ability to carry out normal day-to-day activities.

## Please return the completed survey form to

Age Cymru, Freepost RLTL-KJTR-BYTT, Ground Floor, Mariners House, Trident Court, East Moors Road, Cardiff CF24 5TD or by email to [enquiries@agecymru.org.uk](mailto:enquiries@agecymru.org.uk)

By 1 September 2020.

## If you need any further support please contact:

Age Cymru Advice: 08000 223 444

C.A.L.L: 0800 132 737

Cruse: 0808 808 1677

Hourglass Cymru: 0808 808 8141

Samaritans: 116 123

Silverline: 0800 4 70 80 90



Your details will be kept on a secure database and we will not share your details with any organisations unless required by law.