

**1. Email address or phone number**

\_\_\_\_\_

**2. What is your postcode?** \_\_\_\_\_

**3. What was your postcode in 2013 (five years ago)?** \_\_\_\_\_

**4. Where do you think you will be living in five years time (2023)?**

- In my current community
- In an alternative NT location
- Interstate
- Overseas
- Not sure

**5. If you plan to move in the next five years. What would be the main reason? Mark only one oval.**

- To be closer to family and friends
- Cost of living
- Climate
- To pursue hobbies and leisure interests
- Access to health services
- Other: \_\_\_\_\_

**6. Please choose your age range**

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

**7. Some people FEEL a different age from their actual age... please tell us... the age you FEEL**

\_\_\_\_\_

**8. Please indicate your gender**

- Female    Male
- Prefer not to say
- Other: \_\_\_\_\_

**9. Please indicate your marital status Mark only one oval.**

- Never married    Single
- Married       Divorced
- Defacto / Living with partner
- In a relationship but don't live together
- Separated but not divorced
- Widowed       Prefer not to say
- Other: \_\_\_\_\_

**10. In which country were you born?**

- Australia       England
- New Zealand    Italy
- China           Vietnam
- Greece          Scotland
- India           Germany
- Prefer not to say
- Other: \_\_\_\_\_

### Housing and Accommodation

**11. Which of the following best describes the home where you live? Mark only one oval.**

- Own home outright
- Own home with mortgage
- Tenant in private rental market
- Tenant in public housing
- Board in a private facility
- Shared / group living
- Retirement village (independent living)
- Aged care residential accommodation
- Share with family in privately owned / rented dwelling
- Share with family in public housing
- Caravan Park or similar
- Homeless
- Other: \_\_\_\_\_

**12. How affordable are your current living arrangements?**

- 0 1 2 3 4 5 6 7 8 9 10
- 
- Not at all affordable      Completely affordable

**13. How secure do you feel in your current living arrangements?**

- 0 1 2 3 4 5 6 7 8 9 10
- 
- Not at all secure      Completely secure

**14. If you own your own home. How appealing to you is the idea of downsizing to a smaller home?**

- 0 1 2 3 4 5 6 7 8 9 10
- 
- Not at all appealing      Extremely appealing

**15. OR... I have already downsized**

- Yes    No

**16. If you did downsize, would you stay in the Territory?**

- Yes    No    Not sure



## Employment and Volunteering

17. What is your current employment status?

Mark only one oval.

- Employed full-time
- Employed part-time
- Employed on a casual basis
- Self employed / own a business
- Retired (fully)
- Retired (partially)
- Unemployed
- A student
- Not employed, mainly engage in home duties, volunteering or unpaid work
- Other: \_\_\_\_\_

18. In an average week, how many hours do you spend volunteering?

\_\_\_\_\_

19. In an average week, how many hours do you spend providing care for your grandchildren?

\_\_\_\_\_

20. In an average week, how many hours do you spend caring for a family member due to age, illness or disability?

\_\_\_\_\_

21. In an average week, how many hours do you spend caring for a non-immediate family member due to illness or disability?

\_\_\_\_\_

22. I feel that the cost of living is increasing at a rate that is leaving me behind

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 1                     | 2                     | 3                     | 4                     | 5                     |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Disagree Strongly     |                       |                       |                       | Agree Strongly        |

23. Once I've covered my basic living needs, I have money left over to spend on leisure and social activities

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 1                     | 2                     | 3                     | 4                     | 5                     |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Disagree Strongly     |                       |                       |                       | Agree Strongly        |

## Health and Wellbeing

24. How much time do you spend exercising each week on average?

- None
- Up to 30 minutes
- 31-59 minutes
- 1-2 hours
- More than 2 but less than 5 hours
- More than 5 hours

25. How would you rate your diet at the moment, in terms of how healthy it is?

- |                       |                       |                       |                       |                       |                       |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 0                     | 1                     | 2                     | 3                     | 4                     | 5                     | 6                     | 7                     | 8                     | 9                     | 10                    |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Very unhealthy        |                       |                       |                       |                       |                       |                       |                       |                       |                       | Very healthy          |

26. Which of the following have you accessed in the last year?

Check all that apply.

- Elective surgery
- Hospital care for an acute (short-term) condition
- Hospital care for a chronic (long-term) condition
- A GP or nurse at a medical centre
- Home visits by a GP or nurse (including through CHSP)
- Dental services
- Podiatry
- Optical services
- Mental health services
- Have not accessed any health or medical services
- Some other health or medical service (please specify)
- Other: \_\_\_\_\_

27. In general, how satisfied are you with the health and medical services you have used in the last year?

- |                         |                       |                       |                       |                       |                       |                       |                       |                       |                       |                       |
|-------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 0                       | 1                     | 2                     | 3                     | 4                     | 5                     | 6                     | 7                     | 8                     | 9                     | 10                    |
| <input type="radio"/>   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Completely dissatisfied |                       |                       |                       |                       |                       |                       |                       |                       |                       | Completely satisfied  |

28. Which of the following have you wanted to access in the last year but couldn't do so?

Check all that apply.

- Elective surgery
- Hospital care for an acute (short-term) condition
- Hospital care for a chronic (long-term) condition
- A GP or nurse at a medical centre
- Home visits by a GP or nurse (including through CHSP)
- Dental services
- Podiatry
- Optical services
- Mental health services
- Did not want to access any health or medical services
- Some other health or medical service (please specify)
- Other: \_\_\_\_\_

29. How difficult, if at all, is it for you to access the health and medical services you need? This could be due to personal, physical, financial or any other reasons at all.

- |                        |                       |                       |                       |                       |                       |                       |                       |                       |                       |                       |
|------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 0                      | 1                     | 2                     | 3                     | 4                     | 5                     | 6                     | 7                     | 8                     | 9                     | 10                    |
| <input type="radio"/>  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| No difficulties at all |                       |                       |                       |                       |                       |                       |                       |                       |                       | Extremely difficult   |

30. Which of the following difficulties do you have in accessing the health and medical services you need?

Check all that apply.

- The cost of the services
- The cost of medicines
- Lack of suitable services available
- The distance you have to travel
- Lack of transport
- Cost of transport
- Concern / embarrassment about asking for help
- Long waiting list
- No difficulties at all
- Something else
- Other: \_\_\_\_\_

**31. Do you have private health insurance**

- Yes  No  Not sure

**32. In the last year, have you had to travel for medical reasons?**

- Yes  No

**33. Are you or a family member eligible for the NDIS?**

- Yes  No  Not sure

**34. Do you need more information or support to access the NDIS?**

- Yes  No  Not sure

**35. In the last year, have you received any of the following types of care or support?**

*Check all that apply.*

- None – I live independently without care or support
- My spouse / partner acts as my carer
- I have (a / another) family member who acts as my carer
- Home care / community care services from an external provider
- Residential aged care
- Respite care
- None of these
- Other: \_\_\_\_\_

**36. Which of the following have you wanted to access in the last year but couldn't do so?**

*Check all that apply.*

- Home care / community care services
- Residential aged care
- Respite care
- None of these

**37. How difficult, if at all, is it for you to access the aged care services you need? This could be due to personal, physical, financial or any other reason at all.**

- 0 1 2 3 4 5 6 7 8 9 10
- No difficulties at all* *Extremely difficult*

**38. Which of the following difficulties do you have in accessing the aged care services you need? Check all that apply.**

- The cost of the services
- Lack of suitable services available
- Service providers refused / not allowed to do what I wanted
- Concern / embarrassment about asking for help
- Long waiting list
- No difficulties at all
- Other: \_\_\_\_\_

**39. Do you have any of the following in place?**

*Check all that apply.*

- A will
- Power of attorney / substitute decision maker
- A funeral plan
- Enduring guardianship
- Advance Care Directive
- Superannuation
- None of these

**40. Assisted dying or euthanasia is the practice whereby a person suffering from a terminal illness or incurable condition have the right to request a lethal drug from a doctor to end their lives. Do you support or oppose this for the Northern Territory?**

- Yes. I support assisted dying.
- No. I do not support assisted dying.
- Not sure

## Transport

**41. What form of transport do you mostly use? Mark only one oval.**

- Motor vehicle as a driver
- Motor vehicle as a passenger
- Bus – public transport
- Bus – private sector provider
- Taxi, mini-bus or hire car
- Other: \_\_\_\_\_

## Crime and Security

**42. How safe do you feel in your community?**

- Very safe
- Relatively safe
- Not very safe
- Threatened
- Not sure

## Events and Activities for Seniors

**43. How often do you attend events and activities for seniors?**

- 3 or more per week
- 1-2 per week
- Once a month
- Never
- Other: \_\_\_\_\_

**44. What affects your decision to attend or not attend an event or activity for older Territorians?**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**45. How do you rate the range of activities available for older Territorians?**

- 0 1 2 3 4 5 6 7 8 9 10
- Poor* *Excellent*



**46. In your experience with activities in your local area, which of the following apply?**

*Check all that apply.*

- Events and activities are held in convenient locations
- Range of events and activities is varied
- Times of events are convenient
- Buying or getting a ticket is an easy process
- Getting to an event using public transport is possible
- Parking and transport is easy and / or adequate
- It's easy to find out about what events and activities are available
- It's a good way to stay busy, make new friends
- Admission price is reasonable or free
- Other: \_\_\_\_\_

**47. In your experience with activities hosted by COTA NT, which of the following apply?**

*Check all that apply.*

- Events and activities are held in convenient locations
- Range of events and activities is varied
- Times of events are convenient
- Buying or getting a ticket is an easy process
- Getting to an event using public transport is possible
- Parking and transport is easy and / or adequate
- It's easy to find out about what events and activities are available
- It's a good way to stay busy, make new friends
- Admission price is reasonable or free
- Other: \_\_\_\_\_

**48. Please add any comments about what events you would like or thoughts on how events and activities could be improved.**

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**Council on the Ageing NT**

**49. What concerns you most as a senior Territorian?**

*Mark only one oval.*

- Transport       Crime
- Housing         Aged care
- Employment
- Cost of living

**50. This survey is being conducted by Council on the Ageing NT (COTA NT), a not-for-profit organisation which advocates on behalf of senior Territorians. Had you heard of COTA NT before today?**

- Yes    No    Not sure

**51. Are you now or have you ever been a member of Council on the Ageing?**

- Currently a member
- Have been a member in the past
- Never been a member

**52. Council on the Ageing listens to the views of Australians aged 50+ so that we can reflect their needs back to Government.**

**Thinking about what is most important to you, what changes would you like COTA to lobby the government for in order to achieve better outcomes for older Territorians.**

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**Return your survey**

**Drop in to COTA NT** – Spillett House, 65 Smith Street, Darwin

**Or post to COTA NT** – COTA NT, GPO Box 852, Darwin NT 0801

**Or scan and email** – [admin@cotant.org.au](mailto:admin@cotant.org.au)

*Thank you for participating in our survey.*

