

Living Longer, Living Well

What do you think?



  **What do you think?**

Do you think the idea is a good one?

 Yes ☐

 Not sure ☒

 No ☐



We want to hear what you think about getting older, living well and the support you need.

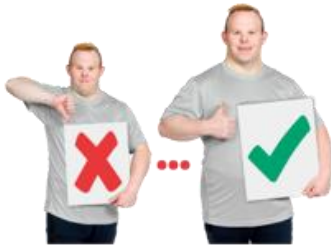
About this questionnaire



As part of ARC's Living Longer, Living Well campaign, we want to find out what support people need as they get older.



People with a learning disability are living longer than ever before.



We want to know what is working well and what could be better.



We want to know is there any support or service you need but cannot get?



Your answers will help ARC NI and other organisations understand what support people need now and in the future.

About you



How old are you?

☐

Under 18

☐

45–54 years

☐

18–24 years

☐

55–64 years

☐

25–34 years

☐

65 years and over

☐

35–44 years

☐

Prefer not to say



Where do you live?

☐

On your own

☐

With family

☐

In supported living

☐

In residential care

☐

Other

Living Well



Are you happy with your life?

☐

Yes

☐

Not
Sure

☐

No



Do you feel safe?

☐

Yes

☐

Not
Sure

☐

No



Do you have enough choice?

☐

Yes

☐

Not
Sure

☐

No



Do you feel listened to?

☐

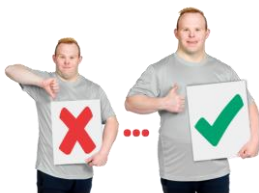
Yes

☐

Not
Sure

☐

No



What could be better?

Health



Can you see your GP
when you need to?

☐

Yes

☐

Not
Sure

☐

No



Can you get health
checks?

☐

Yes

☐

Not
Sure

☐

No



Do you understand information about your health?

☐

Yes

☐

Not
Sure

☐

No



Is there enough support to stay healthy?

☐

Yes

☐

Not
Sure

☐

No



What could be better?

Friends and community



Do you have enough friends?

☐

Yes

☐

Not
Sure

☐

No



Do you get out enough?

☐

Yes

☐

Not
Sure

☐

No



Can you do the things
you enjoy?

☐

Yes

☐

Not
Sure

☐

No



Is transport a problem?

☐

Yes

☐

Not
Sure

☐

No

Home and support



Are you happy where you live?

☐

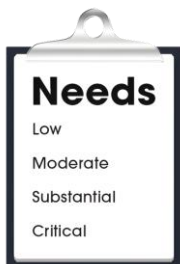
Yes

☐

Not
Sure

☐

No



Does your home meet your needs?

☐

Yes

☐

Not
Sure

☐

No



Will it still meet your needs as you get older?

☐

Yes

☐

Not
Sure

☐

No

Services



Is there enough support for older people with a learning disability, autism and other support needs in the following areas:



Health

☐

Yes

☐

Not
Sure

☐

No



Housing

☐

Yes

☐

Not
Sure

☐

No



Transport

☐

Yes

☐

Not
Sure

☐

No



Day opportunities

☐

Yes

☐

Not
Sure

☐

No



Friendships

☐

Yes

☐

Not
Sure

☐

No



Employment

☐

Yes

☐

Not
Sure

☐

No



Mental health

☐

Yes

☐

Not
Sure

☐

No



Carers

☐

Yes

☐

Not
Sure

☐

No



Exercise

☐

Yes

☐

Not
Sure

☐

No



Social activities

☐

Yes

☐

Not
Sure

☐

No



Information

☐

Yes

☐

Not
Sure

☐

No



What support do you think is missing from services?



Choose the three most important things that need to be better.



11. If you could change one thing to help people live longer and live well...

What would it be?

Getting older



Are you worried about getting older?

☐

Yes

☐

Not
Sure

☐

No



What worries you most?

Future Planning



Has anyone talked to you about getting older?

☐

Yes

☐

Not
Sure

☐

No



Have you made plans for later life?

☐

Yes

☐

Not
Sure

☐

No



Do you know who will support you in the future?

☐

Yes

☐

Not
Sure

☐

No



Is there anything else you would like to tell us?



Thank you for sharing your views.