

## Staying In – Stay At Home Survey 2020

### Summary and Take-Home Message

The COTA (WA) Stay at Home survey had 333 online responses, with an average age of 73 years.

#### **The Good**

Overall, the older people who completed our survey were feeling a reasonable sense of belonging, like they were being supported in this time of stress, and their sense of wellbeing was also high. The greater a person's sense of belonging, the higher their wellbeing.

#### **The Bad**

Having support available, whether it is someone to talk to, give you food or shelter in a crisis or assist you if you are sick is important for wellbeing and resilience.

We asked whether the individual had someone, who does not live with them, to call on for support in a time of a crisis. In total, 170 people told us about the availability of emergency supports for them. For a physical injury, 16.5% didn't consider they had ready support, and about 1 in 4 people did not have anyone to call on for emotional support, advice or even food. The figures declined for greater resources needed in a crisis, with over half of people considering that they could not count on someone else to provide them with emergency money.

**Question:** If you needed to, could you ask someone who does not live with you for this type of support in a time of crisis?

Type of Support	Yes	No
Help out when you have a serious illness or injury	83.5%	16.5%
Emotional support	75.3%	24.7%
Advice on what to do	74.1%	25.9%
Provide emergency food	74.1%	25.9%
Provide emergency accommodation	62.4%	37.6%
Help in maintaining family or work responsibilities	56.5%	43.5%
Provide emergency money	48.8%	51.2%

## Survey Findings

The COTA (WA) Stay at Home survey had 333 online responses, with an average age of 73 years.

Received 333 responses online. Ages ranged from 25 - 90 (Average age = 73, Median Age = 74, SD= 10.48) with 105 Female (44 Male).

**Table 1**

### **Participant Characteristics**

	N	%
<b>Housing Status</b>		
Own their home outright	135	89.4%
Renting privately or paying board	12	
Living in community, social or state housing	3	
Living in aged or assisted care	0	
No fixed address	1	
<b>Employment Status</b>		
Employed	17	
Full-time retirement	113	74.3%
Full-time volunteer	19	
Unemployed	3	
<b>Government Payment Status</b>		
Carers payment	2	
Disability	1	
Full-age pension	43	45.3%
Partial age pension	46	48.4%
Jobseeking allowance	3	

**(The responses from a person under 50 years (3 people) has been excluded).**

## Overall Wellbeing

The Single question overall Personal Wellbeing Index was measured at 78.55%. This is within the national expected or 'normative' range for wellbeing (74.2% - 76.7%)<sup>1</sup>. It does not appear that the current situation has impacted overall wellbeing yet, or that a single question was not sensitive enough to pick up changes in wellbeing (people thinking of their past experiences and not their current or future).

There were no relationships for wellbeing and age. There was no difference between wellbeing and gender.

## Support

The Interpersonal Support Evaluation List (ISEL) measures belonging – perceived supports during a time of stress. The average was 2.21 out of 3, a positive sense of belonging overall.

People who had higher wellbeing had higher sense of belonging ( $r = .442$ ,  $p < .01$ ) and the reverse is true, those with a lower sense of belonging had lower wellbeing. So, 19.5% of a person's wellbeing is accounted for by their sense of belonging and vice versa.

There was no relationship between sense of belonging and age or difference in gender.

Question	Number	Average Out of 3	Percent negative, who do not believe they would be supported in this
When I feel lonely, there are several people I can talk to.	150	2.56	7.3
I often meet or talk with family or friends.	150	2.67	4.7
There are several different people I enjoy spending time with.	150	2.61	3.3
If I decide one afternoon that I would like to go to a movie that evening, I could easily find someone to go with me.	146	1.85	28.8
If I wanted to have lunch with someone, I could easily find someone to join me.	148	2.27	14.9
I feel like I'm not always included in my circle of friends.	151	2.22	20.5
If I wanted to go on a trip for a day, I would have a hard time finding someone to go with me	148	2.02	27.0
Most people I know do not enjoy the same things that I do	148	1.86	32.4
I don't often get invited to do things with others.	146	2.04	28.8
No one I know would throw a birthday party for me.	148	2.04	23.6

## Emergency Supports

**Question:** If you needed to, could you ask someone who does not live with you for this type of support in a crisis? (170 people completed all).

Question: If you needed to, could you ask someone who does not live with you for this type off support in a crisis?	Number who could	Number who could not	Percentage who could not access this form of help in a crisis
Advice on what to do	126	44	25.9%
Emotional support	128	42	24.7%
Help when you have a serious injury or illness	142	28	16.5%
Help in maintaining family or work responsibilities	96	74	43.5%
Provide emergency money	83	87	51.2%
Provide emergency accommodation	106	64	37.6%
Provide emergency food	126	44	25.9%