

# Age Friendly Knox Survey Results 2020

Recently we conducted a survey to hear what our clients and community think is needed to support people to age well in the Knox community.

## The Age Friendly Knox Survey 2020 (Survey) had two distinct purposes:

- To find out how healthy and active our community members are within Knox
- To find out what they think Council should prioritise to create an age friendly community.

We are pleased to share the Age Friendly Knox Survey results with you.

These results are being used to inform new initiatives in the Council Plan 2021 - 2025.

## Who completed the survey?

**1182** people from across all City of Knox suburbs | **741** people aged 70 - 84 years | **527** people who live alone

## What do you believe is the single most important thing Council and the community can do to make Knox more age-friendly?

- Maintain and fix our footpaths
- Support home maintenance and home modifications
- Address ageism in the community
- Increase parking spaces at shopping centres and train stations
- Ensure social supports are in place for vulnerable persons within our community



## Outdoor spaces and buildings

- **One in five** respondents stated that it was somewhat or very difficult to move around using footpaths, in nature reserves and parks, and at shopping centres and strips.
- **133** respondents identified the impact of overgrown bushes and gardens on, and, the condition of, footpaths as a barrier to moving around.



## Transportation

- **The majority** of respondents stated that seniors' only parking spaces were needed in their suburb.
- **26%** of respondents find it difficult to get to a bus, whilst **35%** find it difficult to get on and off a bus.
- **Nearly 50%** of respondents find it difficult to get to a train station, whilst **25%** find it difficult to get on and off a train.



## Housing

- **The majority** of respondents indicated a need for home modifications, particularly rails and ramps.
- **75%** of respondents either do not know or know they can't afford to move to another home in their suburb.
- **Affordable and alternative** housing is a key concern of many older people in the municipality.



## Social participation

- **Nearly 50%** of respondents are not meeting the national guidelines for physical activity.
- Bus Tours, Travel (metro), Travel (regional), Walking and Theatre were the **most popular** face to face social activities identified by respondents.
- **Lack of technology** skills is the biggest barrier to participation, whilst access to transport continues to be a barrier for people aged 70+ years.



## Respect and social inclusion

- **The majority** of respondents feel respected by their families and friends and in the community.
- **50%** of respondents feel unsafe in their homes after dark, because of crime, strangers, noises and being alone.
- **62%** of respondents do not have an emergency plan/kit, whilst **35%** do not feel prepared for an emergency.



## Civic participation and employment

- **Older people** think it is very important to have a say on things that affect them but some are finding it difficult to do so.
- **25%** of respondents are interested in education and training, employment and volunteering.
- **20%** of respondents identified physical illness, injury or disability, as a barrier to education and training, employment and volunteering.



## Communication and information

- **77%** of respondents stated they have access to the internet.
- **22%** of respondents reported being a possible victim of an internet based scam.
- **666** respondents are interested in face to face computer skills training.
- **469** respondents would like to learn how to use the internet safely.



## Community and health services

- **25%** of respondents don't know where to access services and supports in their suburb.
- Outside of being free of COVID restrictions, having social contact, financial assistance and home maintenance and home modifications support, were the three other things that respondents need to help improve their **quality of life**.



### Next steps based on your feedback

Thank you to those community members who completed the survey and participated in the focus group discussions held in **December 2020**.

We appreciate your time; the insights you gave; and the feedback you provided.

### You have helped to further guide and inform our next steps to improve the age friendliness of Knox, which includes:

- Exploring alternative and affordable housing options and practical resources
- Conducting an audit of accessible parking spaces across the municipality
- Supporting you to become more physically active both in and out of the home
- Raising awareness of ageism and challenging negative stereotypes of older people
- Improving access to digital technology based programs
- Exploring what an innovative gardening program might be

## We want you to stay in regular contact with us and be part of our age-friendly journey.

For further details on how you can be involved, upcoming workshops and activities, the full survey results, and other resources visit [knox.vic.gov.au/agefriendlyknox](https://knox.vic.gov.au/agefriendlyknox).

If you have any questions, please call **9298 8000** and ask to speak with Jacqui Storey, our Age Friendly Communities Project Officer.

