

Borders Older Peoples Planning Partnership (BOPPP), older peoples experience of the Covid19 pandemic lockdown.

- The target group was people aged 60 and over,
- the guiding principle for the consultation was to engage older people using mediums and styles that will ensure we reach as many of the target group as possible.
- 487 people responded to the survey;
- 332 directly via citizen space a further
- 155 via semi structured conversations
- The consultation was open from the 2nd of November and concluded on the 6th of December 2020.
- The interviewer resource came from a range of partners with all interviewers being inducted to interview approaches
- The confidence level of this work is 95%,
- it has a margin of error +/- 4.40%
- we can use this analysis for planning with a high level of confidence and is a good indication of how older people felt they were supported during the pandemic.

About You

What is your gender?

Option	Grand Total	Option %
Male	151	31%
Female	329	68%
Other	1	0%
Prefer Not to Say	3	1%
Not Answered	3	1%
Grand Total	487	100%
Locality %	100%	

How old are you?

Option	Grand Total	Option %
Under 60	7	1%
60 to 64	75	15%
65 to 69	114	23%
70 to 74	113	23%
75 to 80	88	18%
80 to 84	46	9%
85 to 89	27	6%
90 plus	12	2%
Prefer Not to Say	5	1%
Grand Total	487	100%

Living arrangements

How many people were in the house with you during lockdown?

Option	Grand Total	Option %
On my own	191	39%
With 1 other person	253	52%
With 2 or more people	35	7%
Other	4	1%
Not Answered	4	1%
Grand Total	487	100%

Did you change your living arrangements because of lockdown?

Options	Grand Total	Option %
Yes	30	6%
No	452	93%
Not Answered	5	1%
Grand Total	487	100%

Caring

During lockdown did you have people to help you with 'daily living' tasks?

Options	Grand Total	Option %
Yes - Paid Carer	26	5%
Yes - Unpaid Carer (family/friend)	29	6%
Yes - Both Paid and Unpaid Carer	10	2%
No	417	86%
Not Answered	5	1%
Grand Total	487	100%

Are you a unpaid carer or do you help look after someone who would struggle without your help?

Option	Grand Total	Option %
Yes	88	18%
No	387	79%
Not Answered	12	2%
Grand Total	487	100%

Conditions

Do you consider yourself to have any of the following?

Option	Grand Total	Option %
Group - Sensory Loss (hearing or sight)	88	18%
Group - Physical Disability	108	22%
Group - Learning Disability	2	0%
Group - Long-term Mental Ill Health	26	5%
Group - Other	61	13%
Group - None of the above	253	52%
Grand Total	487	100%

Are you in a vulnerable group?

Options (not asked of those shielding)	Grand Total	Option %
Yes: Over 70	178	45%
Yes: Pre-existing Medical Condition	60	15%
No	140	35%
Unsure	22	6%
Grand Total	400	100%

Shielding

Did you receive a shielding letter?

Option	Grand Total	Option %
Yes	82	17%
No	399	82%
Not Answered	6	1%
Grand Total	487	100%

As you received a shielding letter, did you shield? (Shielder only)

Options (Those shielding only)	Grand Total	Option %
All of the time	58	71%
Most of the time	21	26%
Some of the time	1	1%
Rarely	1	1%
None of the time	1	1%
Grand Total	82	100%

Other questions

If you went outside your home, for example shopping or walk in a park, did you follow the social distancing guidelines?

Options	Grand Total	Option %
All of the time	348	71%
Most of the time	88	18%
Some of the time	3	1%
Rarely	1	0%
None of the time	4	1%
Not applicable	39	8%
Not Answered	4	1%
Grand Total	487	100%

How did you keep informed about Covid 19? (tick all that apply)

Options	Grand Total	Option %
Television	428	88%
Radio	158	32%
Internet	268	55%
Paper	164	34%
Family / Friends / Neighbours	181	37%
Carers	22	5%
Other	20	4%
Grand Total	487	100%

Social

- Over 80% of respondents reported how lockdown affected them negatively.
- Primarily missing family, friends and physically going to social activities.
- Some reported wanting to travel especially to see family.
- A few of reported positive experiences using Skype / Zoom.
- Many reported feeling lonely or isolated.

Evaluation	Evaluation %	% of Three Bears
Just Right	28%	45%
Not Enough	33%	55%
Not Sure	5%	
Not Relevant	34%	
Grand Total	100%	

Mental Health and Emotional Wellbeing

- 54% of respondents said the lockdown affected them negatively compared to 28% who said they were not affected.
- People reported "being in a low mood", being more agitated and disconnected, lacking motivation and finding the situation harder as time went on.
- Some reported on how to keep well including walks in the countryside, keeping their mind active, gardening and decorating the house.

Evaluation	Evaluation %	% of Three Bears
Just Right	30%	58%
Not Enough	22%	42%
Not Sure	10%	
Not Relevant	38%	
Grand Total	100%	

Physical Health

- Many respondents (59%) reported that they were keeping healthing /managing, although some reported existing health conditions.
- Some reported (26%) that lockdown affected their physical health. Some reported doing less physical activity and gaining weight. Some reported managing well

Evaluation	Evaluation %	% of Three Bears
Too Much	0%	0%
Just Right	39%	63%
Not Enough	22%	36%
Not Sure	7%	
Not Relevant	32%	
Grand Total	100%	

Financial

- 84% of respondents commented on their financial position.
- 66% reported that they were managing OK .
- 11% of respondents reported specific financial challenges.
- Many mentioned physically going to a bank and use of bank machines.
- Several highlighted their use of online banking. Some had assistance from family and friends

Evaluation	Evaluation %	% of Three Bears
Just Right	33%	81%
Not Enough	8%	19%
Not Sure	1%	
Not Relevant	59%	
Grand Total	100%	

Practical - Food

- 93% of respondents made a comment about 'practical - food'.
- 45% reported that they went shopping in a store and
- 30% reported using online deliveries.
- Several respondents received food support from Family, friends and neighbour.
- Some respondents mentioned community groups / food train and 'food box'

Evaluation	Evaluation %	% of Three Bears
Too Much	0%	1%
Just Right	55%	87%
Not Enough	8%	13%
Not Sure	2%	
Not Relevant	34%	
Grand Total	100%	

Practical - Medication

- 91% of respondents made comments about 'practical medication'.
- 25% had their medication delivered,
- 34% picked up their medication from the pharmacy.
- Several had medication collected by family or friends.

Evaluation	Evaluation %	% of Three Bears
Just Right	64%	94%
Not Enough	4%	6%
Not Sure	0%	
Not Relevant	32%	
Grand Total	100%	

Practical - Other

- 20% of respondents reported being self-sufficient.
- When asked about support for 'practical - other' many reported getting help with dog walking, gardening, house cleaning and home improvement.

Evaluation	Evaluation %	% of Three Bears
Just Right	37%	84%
Not Enough	7%	16%
Not Sure	4%	
Not Relevant	52%	
Grand Total	100%	

Physical Activity and Mobility

- 57% of respondents reported going for walk, many with their dogs.
- A few reported participating in online exercise. Some reported gardening, cycling and golf.
- Several respondent felt that the lockdown did not affect their physical activity or mobility.
- However, there were some that reported doing less physical activity and a loss of mobility.

Evaluation	Evaluation %	% of Three Bears
Just Right	38%	64%
Not Enough	21%	36%
Not Sure	5%	
Not Relevant	35%	
Grand Total	100%	

Did you attend hospital unexpectedly (e.g. because of an accident or emergency) and what happened?

- 61 (13%) of respondents made a comment about their hospital experience.
- 47% of those respondents reported a positive experience.
- 13% of those respondents shared a negative experience.
- Many highlighted the challenges that Covid-19 presented and how safe the environment was.

Options	Grand Total	Option %
No	416	85%
Yes - seen in A&E	28	6%
Yes - Admitted to hospital	26	5%
Yes - Both	8	2%
Not Answered	9	2%
Grand Total	487	100%

GP Practice

**Did you need a GP appointment?
(e.g. doctor or nurse from local
surgery)**

Option	Grand Total	Option %
GP - No / Not Applicable	234	48%
GP - Yes - face to face in person at	104	21%
GP - Yes - face to face in person at	38	8%
GP - Yes - by telephone	159	33%
GP - Yes - by video consultation	6	1%
Grand Total	487	100%

**If you had a GP appointment how
quickly were you seen?**

Option (those seen)	Grand Total	Option %
Same day	103	54%
Within 2 - 5 days	65	34%
Over 5 days	23	12%
Grand Total	191	100%

- **Did you need the Community Pharmacy service? (tick all that apply)**

Option	Grand Total	Option %
Pharmacy - No - Service not needed	244	50%
Yes - Service by phone	25	5%
Yes - Service in person at the pharmacy	96	20%
Yes - Medication delivered to your home	129	26%
Grand Total	487	100%

- **Did you get enough health care support during lockdown?**

Options	Grand Total	Option %	% of Three Bears
Too Much	1	0%	0%
Just Right	187	38%	67%
Not Enough	93	19%	33%
Not Sure	44	9%	
Not Relevant	155	32%	
Not Answered	7	1%	
Grand Total	487	100%	

Next steps

- Offer research data and findings to key partners/teams to inform their planning
- There remains another level of analysis available to data mine to answer specific questions
- Detailed analysis of what good looks like for the future
- Bopp to consider what “calls to actions” should be made on the back of these findings
- Build on these findings and ensure that it informs strategic and operational activity
- This older peoples perspective will inform the commissioning of key older peoples services