Caring Contexts of Rural Seniors
Phase II - Technical Report

Submitted to Veterans Affairs Canada
In partial fulfillment of PWGSC Contract #51019-017032/001/HAL
December 2004

By
Bonnie Dobbs[1], Jennifer Swindle[1], Norah Keating[1], Jacquie Eales[1], Janice Keefe[2]

With contributions from:
Linda Niehaus[1]
Zhewei Gao[1]
Pamela Fancey[2]
Agnes Pieracci[1]
Ahmad Sabetghadam[1]
University of Alberta Population Research Laboratory[1]

[1]University of Alberta, Edmonton, Alberta, T6G 2N1

[2]Mount Saint Vincent University, Halifax, Nova Scotia, B3M 2J6

Caring Context of Rural Seniors
Phase II – Technical Report

Acknowledgements

Caring Context of Rural Seniors
Phase II – Technical Report

Table of Contents

1.   Executive Summary

This report presents findings from Phase II of a three-year research program, funded by Veterans Affairs Canada (VAC), to investigate the question, "Is rural Canada a good place to grow old?" There has been limited research that has considered the perspective of older people on how supported they feel in their communities and to the perceived importance of the social and physical elements of community in evaluating overall community support. This phase was designed to obtain the perspectives of older Canadians on what elements make their communities good places to grow old. Findings came from a national telephone survey of 1,322 individuals aged 65 years or older, who resided in Royal Canadian Legion member households in rural communities across Canada. The survey instrument was developed, in part based on existing surveys, to address three main research questions:

- What is the nature of the social environment of rural seniors?
- What is the service environment of rural seniors?
- How do the social and physical environments of rural seniors contribute to rural seniors' views of their communities as good places to grow old?

The telephone surveys were conducted in the spring of 2004 by trained interviewers from the Population Research Laboratory (PRL) at the University of Alberta using its centralized Computer-Assisted Telephone Interviewing (CATI) facilities. The sample was stratified based on percentages of rural seniors 65 years of age and older in the following regions: Atlantic Canada, Quebec, Ontario, Prairies, Alberta, and British Columbia. Regional percentages mirrored the older rural population from the 2001 Canadian Census of the Population. Quota sampling at the household level was done based on age (50% aged 65 to 74 years and 50% aged 75+) and gender (50% male and 50% female).Once the data were collected and cleaned, descriptive and multivariate analyses were employed to address the research questions.

Veteran status of participants

Over 50% of men in the study had served in World War II or the Korean War in the military forces of Canada or its allies. Not surprisingly, the majority of women did not have wartime service. Of those with wartime service, nearly half of men and women were clients of Veterans Affairs Canada (VAC), though the numbers of women who are clients of VAC are small. Gender differences were apparent in the types of VAC benefits received. A higher proportion of female than male VAC clients received the Health Care Treatment benefits. In contrast, more male than female VAC clients received a Disability Pension and services within the Veterans Independence Program.

The social environment of participants

There is diversity across the social and support networks of older adults. The vast majority (91.8%) of seniors in the survey reported having social networks ranging in size from 5 to 13 people, with a median number of 10. These networks were diverse in composition, with over 90% of seniors reporting social networks with women and men of all ages and kin relationships who live either in the same community or at a distance from them. While these findings support the assumption that rural communities are 'tight-knit', having many family members and close friends around does not guarantee that assistance and support is provided. Support networks of rural seniors tend to be much smaller, and have less diversity in the gender, age, relationship, and proximity composition than social networks. Almost 12% of participants had no support networks, with a further 30% having two or fewer members in their support networks. The

median number of support network members was 3, suggesting that although most seniors are embedded in broad, heterogeneous social networks, most of their support comes from a small, homogenous group of people. This suggests that a narrow range of support may be available from these networks.

Most participants (88%) reported receiving support with one or more tasks from their support networks. While more than half (56%) reported having had someone check up on them, and at least several times a week, the majority of participants reported they did not receive support with tasks such as housekeeping, outdoor work, or shopping, despite over half reportedly living with chronic health problems. Characteristics of participants (primarily age) and of their support networks (primarily gender composition) were important in determining whether or not a senior received support with a particular task. While rural seniors may be receiving less support than expected, the vast majority were fairly or very satisfied both with the amount of support and its' adequacy. One explanation for these incongruent findings is that some exchanges, particularly between spouses, are so much part of everyday routines that the support received is invisible. When asked why support was provided to them, the main reason identified by seniors was "that's the way things are done with family/friends", supporting this hypothesis. Everyday tasks may be noticed more often when there are extra needs or when older adults are no longer able to do the tasks by themselves. Small support networks likely are harbingers of even smaller care networks.

The service environment of participants

Most rural seniors stated that their rural community had a church, post office, grocery store, and hair dresser. The post office, grocery store, bank, Royal Canadian Legion branch, hardware store, and pharmacy, where available, were used regularly by 50% or more of the participants. However, a number of seniors lacked services such as physicians (31%), pharmacies (31%) and dentists (44%) and most lived in communities without a hospital (66%). Despite these findings, the majority of participants were fairly satisfied or very satisfied with the adequacy of stores (78%) and services (82%) within their community. One possible explanation is that most women (77%) and men (94%) reportedly drove, and therefore may view services in nearby communities as accessible, augmenting the services available in their own community. For those who did not drive, 21% said that not driving affected their ability to do things like shopping and 32% said that not driving affected their ability to socialize. Transportation options other than driving may not ameliorate these rural seniors' ability to access services and people, necessary to remain connected to their communities. Poor levels of services for health and day to day activities, or an inability to access such services, may cause some older adults to move to another locality that better supports their needs.

Community as a "good place to grow old"

Despite limitations both in services and social support, most participants in this study thought that their communities had characteristics that have been associated with senior-friendly places: "older", "supportive" and "established with long standing residents", elements we found in Phase I to be associated with communities supportive to seniors. Seniors felt that a variety of elements were important in making their community a good place to grow old. Knowing where to go for services and having old friends were rated most important, suggesting that both physical and social elements of communities are valued by older adults. Personal characteristics of seniors influenced what was considered important in communities. Women rated social aspects as more important than men did, strongly supporting a longstanding theme of women being the kin keepers and social connectors to others. Younger seniors rated physical

aspects of their communities, such as the physical landscape of the community, its affordability and cleanliness, more highly than those in older age groups. Overall, 73% of participants rated their communities as very good places to grow old. These findings support the idea that although there is great diversity between rural communities, there is also great diversity in the expectations and satisfaction of older adults residing in these communities.

Conclusion and Policy Implications

We found that the rural communities as 'good places/bad places' dichotomy is a great oversimplification. Rural seniors differ considerably in their access to social support and in the services that are available to them in their communities. Further, their views of their communities as good places to grow old don't map directly onto these differences. Yet if there was any overall conclusion from this study, it is that rural seniors generally are quite accepting of their communities-warts and all. The results of our national survey of older adults living in rural communities have some important implications for VAC policy and practice.

- A common belief is that rural seniors are buffered from a lack of formal services by having close knit networks of family and friends. It is important to recognize that support networks can not substitute for services, as both social and physical elements of communities are important to rural older adults.
- It is important to monitor VAC clients with small support networks through VAC's integrated client-centred service delivery model, as those with small support networks are at risk of isolation, and to develop strategies for enhancing their support before care crises arise. Local Legion branches may be excellent partners in making links between the community and older veterans and their spouses.
- VAC has recognized the contributions of spouses to the care of their clients through the extension of its VIP program to them. There may be a place for similar input to spouses of clients with small support networks to help couples retain their connections to their broader networks.
- The importance of supporting the medical, necessary, and social transportation needs of clients in rural areas who do not drive through the Veterans Independence Program cannot be underestimated. Transportation enables older adults to gain access to services and people and remain connected within their community.
- Knowing where to go for services was the most highly rated community characteristic. Programs such as the Canadian Seniors Partnership might turn their attention to providing the Collaborative Seniors Portal Network in rural communities where information on regional programs could be especially useful to seniors and their families.

Next Steps

While Phase I focused on community characteristics, and Phase II considered the perspective of individual seniors, Phase III will consider the diversity among seniors within particular rural communities. In this final phase of this program of research, community case studies will take place in three rural communities in Canada to further understand who are the different groups of seniors, what do they view as supportive, and what policies and programs might assist them.

2.   Background

The broad question underlying our program of research is whether rural communities are good places to grow old. In Phase I of this research program, the question was addressed by identifying supportive elements of rural communities through analyses of the 2001 Canadian Census of the Population. We found that rural communities with the highest proportion of residents providing support to seniors were smaller in population size, further from an urban centre, had a greater proportion of seniors and widowed persons, lower household incomes, a greater proportion of long-term residents, and a greater proportion of persons doing unpaid work. Of these characteristics, elements that were key to making a community a good place to grow old included having a small population size, long-term residents, a high proportion of seniors, and a culture of helping one another. These findings provided us with community-level data which suggested that levels of support may vary among communities depending on the presence of these elements. However, these findings tell us little about how seniors view their communities and evaluate their supportiveness.

In Phase II we turn to rural seniors and consider their perspectives on elements of their communities that make them 'good places to grow old.' This report differs from Phase I in that our lens is on individuals. In exploring the perspectives of seniors in rural Canada, we set out to address three main assumptions/questions. The first assumption is that rural communities are good places to grow old because seniors who live there are embedded in networks of family and friends, are integrated into their communities, and thus, have access to emotional and tangible support. While in Phase I we considered differences in supportiveness of communities towards older residents, here we consider differences in levels of supportiveness of individual personal networks of rural seniors.

The second main assumption appears in conflict with the first. It is that rural communities are not good places to grow old because seniors who live there live in service-poor environments. Longstanding difficulties in providing services to communities at a distance from service centres, accompanied by recent reductions in health care services and facilities in many provinces, provide evidence to suggest that this assumption has some validity. To address this assumption, we asked residents of communities across the country about service availability and accessibility.

Our final assumption is that the experience of growing old in rural Canada probably incorporates elements of these two assumptions in different ways for seniors across the country. It may be that 'good places to grow old' have some combination of social and physical elements. There is no road map to determine the relative importance of each. Rather we need to find out what elements of rural communities are most important to seniors living there and whether there is variation in which elements are seen as important.

Thus, there are three main research questions we address in this report:
1. What is the nature of the social environment of rural seniors? We describe the social and support networks of rural seniors in order to better understand how seniors might differ in their access to family and friend support.

2. What is the service environment of rural seniors? We describe the formal service environment including service availability, seniors' access to and use of basic services, and their views of the adequacy of these services. This information provides the basis

for understanding variations in whether seniors live in a service-rich or service-poor community.

3. How do the social and physical environments of rural seniors contribute to rural seniors' views of their communities as good places to grow old? The relative importance of these rural contexts adds to our understanding of seniors' view of the importance of people and place in their lives.

3.   Literature Review

In this chapter, we review extant literature surrounding our three main assumptions and research questions. In the first section, we review what is known about the social and support networks of seniors in order to better understand how rural seniors might differ in their access to family and friend support and perceived adequacy of such support. In the second section, we describe the state of our knowledge of the formal service environment in rural areas, including service availability and potential barriers affecting the accessibility or perceived adequacy of services. In the third and final section, we review our understanding of social and physical elements of communities that may be important to rural seniors when evaluating whether their community is a good place to grow old.

3.1   The Social Environment and Support to Seniors

A stereotype of rural Canada is that seniors have close-knit networks of neighbours and friends who are available to provide support. Networks are seen as important because they are vehicles for access to tangible and emotional resources that can enhance health and well-being. In fact, family/friend networks have been seen as a major source of social capital for older adults (Keating, Swindle, & Foster, 2004). In this section, we review what is known about seniors' social networks, the support they provide to seniors, and how characteristics of networks and of older adults might influence the nature of support received by seniors. Where possible, we highlight the special circumstances of rural seniors that might result in differences in support received from family and friends. There may be more diversity in support than the stereotype would suggest. Following the discussion on social and support networks, we go on to consider the perspective of rural seniors. We explore factors that may influence how seniors perceive the adequacy of their support networks.

Social and Support Networks

Social networks of family members and friends are seen as central to the linking of older adults to people and resources. It is from social networks that support arises. Yet social networks and support networks have important distinctions. Social networks provide the structure from which support and care might emerge. Social networks are composed of people known to an older adult and with whom he or she has close links. Key members include family members, friends, and neighbours (Litwin, 2003), and the average size of these social networks is estimated at 12-13 people (van Tilburg, 1998; Wenger, 1997). Support networks, on the other hand, are the members of social networks who provide everyday tasks and services (Fast, Keating, Otfinowski, & Derksen, 2004). Smaller than their social networks (averaging 5-10 members) (van Tilburg; Wenger, 1996), they provide day-to-day social interaction, monitoring and providing advice, and/or instrumental activities such as home maintenance, meal preparation, and providing transportation (Fernández-Ballesteros, 2002; Keating, Otfinowski, Wenger, Fast, & Derksen, 2003; Wenger, 1997).

Social networks provide the structure from which support may arise. Knowledge of the composition of these networks will help us understand diversity in support received by rural seniors. Key characteristics of networks that may influence the type and amount of support received include the mix of women and men, age groups, family and friend relationships, and mix of members who are close by and at a distance.

Much of the research on support to seniors has focused on women as providers of support. Yet, social networks of older adults likely have both women and men. In fact, social networks of rural seniors may have somewhat more men than women given that there are slightly more older men than older women in rural Canada. Almost 60% of rural seniors are men, primarily because they come into communities to work in resource areas (Keating, Keefe, & Dobbs, 2001). Migration of rural women into service centres after the death of their husbands also may contribute to this phenomenon (Joseph & Martin-Matthews, 1993). However, men are under-represented in the support networks of older adults (Fernández-Ballesteros, 2002; Kim, Hisata, Kai, & Lee, 2000; Wenger, 1997). Researchers have speculated that women are more likely to provide support because of their higher likelihood of developing lifelong friendships based on caring and emotional ties that continue into old age (Barker, Morrow, & Mitteness, 1998). Gender composition of support networks may be important in understanding the types of support provided. For example, women are more likely to provide emotional support and help with housekeeping, whereas males are more likely to support others by doing outdoor work, and home maintenance and repair (Fast et al., 2004).

Social networks of older rural adults also may differ in their mix of ages. Older adults with children are likely to have networks of people of a variety of ages since the number of children an older adult has is strongly associated with the number of younger people in their network (Uhlenberg & DeJong, 2004). In contrast, social networks that are primarily made up of friends and neighbours tend to be age-homogeneous. In addition, older persons who reside in resource communities with many younger adults and/or who are involved in mixed age organizations (work or volunteer) may have a greater mix of ages in their networks compared to those living in retirement communities or farming communities where younger people have left to find jobs in urban areas (Keating et al., 2001). Most non-kin interactions are with local community members (Wenger, 1997). We have yet to learn about whether support networks composed mainly of older adults function differently than age-heterogeneous networks (Field, Walker, & Orrell, 2002). It may be that age peers are in the best position to provide emotional support based on shared history whereas younger network members may be in a good position to provide support on tasks such as removing snow from long driveways in the rural countryside or driving seniors to appointments at a distance.

Whether networks are made up of relatives or friends and neighbours, or a mix of both is part of the folklore of rural communities. The idea of a closely knit community is based on the assumption that friends and neighbours help each other. Yet our Phase I findings showed a considerable variety in whether people were supportive to older adults in their communities. Overall, the limited research on social networks of older adults suggests that kin may predominate. Results from Finland indicate social networks are mostly kin (Melkas & Jylhä, 1996). Canadian research shows that across age groups, rural people have more contact with kin than urban dwellers, but the differences between the two are not great (Reimer, 1997).

There has been little systematic evaluation of the relationship composition (kin and non-kin) of support networks in part because of the predominant focus on kin as sources of support. Thus, we know little about support provided by friends and neighbours, an important element of the 'supportive networks' assumption about rural communities. There is a long history of research that shows that when present, spouses are the main sources of emotional and physical support (Barker et al., 1998; Wenger, 1997), with adult children expected to provide back-up support as needed (Fernández-Ballesteros, 2002; Kim et al., 2000). Other kin such as siblings and extended family are considered less central in providing support. For example, brothers and sisters living nearby are likely to provide emotional and short-term instrumental help, especially if the older person is childless (Campbell, Connidis, & Davies, 1999; Wenger,

1997). Non-kin also may be involved in providing support such as companionship, and assisting with driving, shopping, and heavy lifting (Aartsen, van Tilburg, Smits, & Knipscheer, 2004; Nocon & Pearson, 2000). Non-kin may provide different amounts and types of support than family members, although diversity is present (Nocon & Pearson). It may be that mixed networks of kin and non-kin provide rural seniors with the greatest breadth of support.

Proximity of social network members may be an important determinant of who is available to provide support. Although kin may be brought together as a result of family links, friends and neighbours are most likely to meet and to become part of social networks when they reside in close proximity. This may put rural residents at a disadvantage if there are great distances between neighbours (Fernández-Ballesteros, 2002; Rowles, 1988). Modern communication technology may allow some types of social and emotional support to be provided at a distance (Fast et al., 2004), though others such as transporting and collecting mail clearly require that members be nearby (Keating et al., 2003). Findings to date are that support networks of older rural seniors are composed mainly of local residents (Wenger, 1997). These findings suggest that where all support network members reside at a distance, the older person may receive a narrow range of support.

Finally, characteristics of the older adult also influence the composition of their social and support networks and hence the kind and amount of support they receive. Those who have larger and more diverse networks likely are younger in age (Tijhuis, Flap, Foets, & Groenewegen, 1998), female (Barker et al., 1998; Kim et al., 2000; Reinhardt, Boerner, & Benn, 2003), married (Uhlenberg & DeJong, 2004), more educated (Uhlenberg & DeJong), and have higher income (van Tilburg & van Groenou, 2002), higher self-rated health (Fernández-Ballesteros, 2002; Landau & Litwin, 2001; Zunzunegui et al., 2004), and have resided longer in their community (Brown, 2002; Wenger, 2001). They also are more likely to drive (Glasgow, 2000).

In sum, we expect that social and support networks of rural seniors are diverse, though support networks likely are smaller, more proximate, have more women than men, are more kin focused, and more homogeneous in age. Evidence to date is that the composition of support networks, in combination with characteristics of the older adult will influence the support they receive. We address these issues with two research questions:
- What are the characteristics of the social and support networks of rural seniors?
- How do rural seniors differ with respect to support received from others on different types of tasks?

Rural Seniors' Views of the Supportiveness of Their Networks

Another approach to the question of whether rural seniors are embedded in supportive networks of family and friends is to ask them directly. The research, practice, and policy literature reflect strong themes about the importance of family members and friends in the lives of older adults. Social ties have been linked to beneficial health and social outcomes (Keating et al., 2004), especially when there is high contact with friends (Martire, Schulz, Mittelmark, & Newsom, 1999; Smith, Phillipson, & Scharf, 2002); and to responsive care to seniors with chronic health problems (Havens, Donovan, & Hollander, 2001). Whether networks are supportive may depend on whose perspective is taken. For example, while a family member or service delivery person might view a small support network as inadequate because little assistance is being provided, the senior at the centre of the network may not share this view. Recent research (Fung, Carstensen, & Lang, 2001) has shown that even when networks shrink

in size, seniors still view them as adequate and satisfying as a result of the closeness and connection felt among members.

What might lead seniors to believe that they are adequately networked and supported in their rural community? There is a small body of literature suggesting that adequacy is determined by the source of the support, the closeness of the relationship between the supported and the supporter, and whether there is choice in who are the members of the support network.

Cross-national findings are that close kin are preferred members of the support networks of seniors with preferences for spouses, adult children, and siblings (Barker et al., 1998; Fernández-Ballesteros, 2002; Klein Ikkink, van Tilburg, & Knipscheer, 1999; Wenger, 1997). These expectations may result from the support the older person has exchanged with close kin over the years (Tijhuis et al., 1998) so that when support expected from these relationships is met, older people may feel satisfied with the adequacy of support they receive. On the other hand, when key network members fail to meet expectations of support, perceived adequacy of support may decline. Rural individuals of all ages are more likely to have contact with kin than urban residents (Reimer, 1997). Thus, they may be receiving support from preferred relationships and thus, be more likely to perceive the support they receive as adequate.

Other findings are that choice in network composition is crucial to increasing morale and connectedness. Seniors who have relatives in their network as a result of circumstances such as poor health instead of by choice, report being less satisfied with their networks (Litwin, 1999). Little is known about how rural seniors might view the adequacy of their support networks. A further question addressed in this report is:
- How do rural seniors differ with respect to views of the adequacy of support they receive?

3.2   *The Formal Service Environment and Support to Seniors*

Disentangling assumptions about the service environment of rural seniors is a thorny problem. Certainly a major challenge in creating a supportive environment for older residents in rural communities is the provision of services and amenities that support everyday living. Physical factors such as community size and economic viability (Reimer, 2004) result in great differences in the availability and variety of stores and services among small communities. 'Service-rich' rural communities have been compared to urban settings as they include stores (e.g., grocery store, post office, variety store) and services (e.g., bank, doctor, drug store, beauty salon, social club) (Hodge, 1987). However, other rural communities may be 'service-poor' so that the lack of stores and services requires residents to travel outside their communities for essential items. Research documenting the decline in availability of essential services in rural Canadian communities over the past five years (Halseth, 2003) suggests a drift toward reduced service access. Indeed, it has been estimated that approximately 20% of Canadian rural seniors travel to other localities for items such as groceries compared to 5% of their urban counterparts (Keating et al., 2001).

When asked about the challenges to living in a rural community, rural Canadians have listed difficulties in accessing medical care as a result of having too few physicians and having to travel great distances to hospitals (Canadian Rural Partnership, 1998). It has been estimated that 17% of family physicians, 4% of specialists, and 18% of registered nurses serve rural, remote, and northern communities, although about 30% of Canadians live in these areas

(Ministerial Advisory Council on Rural Health, 2002). In addition, with the restructuring of health care in the 1990's, hospital-based services have become centralized, reduced, or eliminated in rural areas while community-based services have not been adequately increased to compensate (Ministerial Advisory Council on Rural Health). These changes make rural seniors particularly vulnerable, as most have at least one chronic health condition and some may not have available family or friends to support them (Keating et al., 2001). If isolated from needed health services, some older people may not be able to remain in their rural communities.

The presence of community stores and services provide the potential for support, but this support is only actualized if the stores and services are accessible. Proximity is a major component of accessibility in rural areas. When services are at a distance, seniors require reliable transportation to overcome the geographic barrier to accessing goods and services (Glasgow, 2000). It has been found that rural seniors identify transportation barriers to accessing services more often than urban seniors (Schoenberg & Coward, 1998), with older adults and females having the most difficulty. An American study of older rural residents found that 97% of males 65-69 years old were drivers compared to 85% of females; whereas 79% of males 85 years and older were drivers compared with 42% of females (Glasgow). In Canada driving difficulty may be exacerbated by harsh winter driving conditions (Keating et al., 2001). As a consequence, women and older adults may be particularly dependent on family and friends for rides (Glasgow), making transportation support from friends and relatives crucial to accessing stores, services, and people. Older people who drive or who have transportation support may report less difficulty in accessing services and perceive their formal services as being more supportive than those who lack transportation.

Other barriers to service access are financial, administrative, and cultural barriers. Older people in rural communities generally have lower incomes than urban seniors and may experience financial barriers to local services and stores where costs may be relatively high (Lin, 2004). In the United States, older people with low family incomes have been found to have decreased access to health care services (Auchincloss, Van Nostrand, & Ronsaville, 2001). Universal access to a number of health services makes the Canadian experience somewhat different. However, costs related to transportation or out-of-pocket expenses for services not provided by provincial health care systems may result in differential access for poorer seniors. Further, there may be administrative barriers, such as local pharmacies not carrying needed medications (Lin), or stores not carrying an adequate amount and range of supplies. The limited availability or absence of goods in rural communities may decrease the use or perceived adequacy of community stores.

Perceived adequacy may increase if the available services and stores are culturally relevant. In culturally homogeneous communities, seniors have better access to formal services (Auchincloss et al., 2001), as the stores and services accommodate the needs of the dominant cultural group. Canadian rural communities tend to be ethnically homogenous, with about 90% of rural seniors being Canadian-born (Keating et al., 2001). Therefore, we can hypothesize that most rural seniors will not have such cultural barriers to accessing services. It would seem that when evaluating access to formal services, transportation, geographical distance, and cost are particularly important potential barriers to consider.

In sum, there is an assumption that rural communities will be perceived as unsupportive if they lack basic stores and services. However, even when these services are available in the community, they may not be perceived as adequate as a result of geographical, financial, cultural, or administrative barriers to access. When assessing the supportiveness of the formal service environment, we ask:

- What is the status of service availability and usage in rural communities?
- How satisfied, overall, are rural seniors with the services in their communities?

3.3   *What Makes a Community a Good Place to Grow Old?*

Personal relationships such as networks of family and friends, and community services are but two elements of the broader community environments of rural seniors. Other elements of the community context also may be important determinants of whether rural seniors see their communities as good places to grow old. In this final section we consider which social and physical elements of communities are most important to rural seniors when evaluating whether their community is a good place to grow old.

Social elements of communities include interactions with friends, neighbours, and family within the community. In addition, being a member of formal groups and organizations, voluntary organizations, and having contact with other community members (Gracia & Herrero, 2004; Uhlenberg & DeJong, 2004) are relevant since they can foster a sense of community belonging (Gracia & Herrero). Indeed, when Canadian rural residents were asked to name the strengths of their community, the main reason listed was the characteristics of the people present, including their family values, strong volunteer base, and their sense of community (Canadian Rural Partnership, 1998).

Further, exchanges of support also may be related to positive views of community. People who both provide and receive support have positive outcomes such as increased sense of well-being and higher quality of life (Kim et al., 2000; Lawrence & Schigelone, 2002). There has been no direct examination of links between the exchange of support and having positive views of community.

Aspects of the physical environment such as weather, climate, and physical beauty are part of the folklore of Canadian communities. Rural Canadians see physical elements as strengths of their community as well as social factors. The natural beauty of the landscape, the presence of a safe and clean environment, the value of the natural resources, and having locally accessible stores and services all were important elements of good communities (Canadian Rural Partnership, 1998). There was regional variation in these items, with rural people from Newfoundland, British Columbia, and the Yukon stressing the importance of natural resources, suggesting variation across rural people in rating the importance of community elements (Canadian Rural Partnership). Just as there was variation across rural residents, there also may be variation across older people who live in these communities on what physical and social elements are important to them. However, little is known about how these physical elements might influence seniors' views of their communities as good places.

There is limited information on the relative importance of physical and social elements of communities as criteria for evaluating whether a community is a good place to grow old. Recent rural research suggests that evaluations related to social elements may vary by individual characteristics such as age and gender. In their work in rural Scotland, Glendinning, Nuttall, Hendry, Kloep, and Wood (2003) found that teenagers felt their rural communities were good for younger children, but the lack of stores, services, and affordable transportation made these areas less satisfying for them. These young people rated the presence of social ties within the community as being a stronger predictor of remaining in the community than the physical elements.

The individual's fit with their environment or feelings of belonging may be useful in understanding whether individuals will consider their communities as good places to grow old. Raphael et al. (1995) describe three types of belonging: social, physical, and community. Social belonging includes links with the social environment including acceptance by family, friends, and community members; physical belonging is the connection with the physical environments of home and community; and community belonging includes access to resources such as adequate income, health and social services, recreational programs, and community events (Raphael et al.). Rural seniors may have a mixture of social and physical connections to their communities that may influence their overall sense of belonging. Along with the perceived importance of social and physical elements, sense of belonging may very well be correlated with evaluations of whether a rural community is a good place to grow old.

In sum, while there is some information on the relative importance of various aspects of the social and physical contexts of rural communities, the question has not been examined from the perspective of older rural residents. We therefore address this question by asking:

- What are seniors' views of what makes their communities "good places to grow old"?

4.   Methods

In this chapter, we describe the development of the survey instrument through which the data were collected, the sampling framework, data collection procedures, research questions, and the data analyses.

4.1   Survey Development

The survey instrument was developed to address the three main research questions identified in the introduction and literature review related to the social and service environments of rural seniors, and how they contribute to views of their communities as good places to grow old. The instrument was developed to reflect seven domains:

1. *Community context.* This domain included questions about community size, length of time in community, availability of/satisfaction with amenities, driving patterns, and transportation. Questions regarding the former two were derived from the Canadian Census (Statistics Canada, 2001a) and the Survey on Social Support and Aging (Statistics Canada, 2002). In addition, the question on length of time residing in the community came from the neighbourhood section of a survey based on Bangladeshi women living in Tower Hamlets (Phillipson, Ahmed, & Latimer, 2003). The module on amenities was based on an article by Hodge (1987). The majority of the transportation questions were drawn from the research of Dobbs and Dobbs; those questions have been used in their program of research on the older driver over the last 10 years (Dobbs, 1999; Dobbs & Dobbs, 1996, 1997). Questions on mobility in the community and transportation options in the community were adapted from the AEA and ASA Community Conversation Survey (2003).

2. *Social ties.* Detailed questions on kin and close friends were asked in this section to outline the respondent's social network. The questions were developed by the research team to reflect social networks (i.e., Keating et al., 2003), while the coding for this module was adapted from the Survey on Social Support and Aging (Statistics Canada, 2002). The definition of close friends was taken from the Survey on Social Engagement (Statistics Canada, 2003b).

3. *Participation in groups/organizations in the community*. Questions were asked about involvement in various community groups and were adapted from the civic engagement module of the Survey on Social Engagement (Statistics Canada, 2003b). The final question on reason for a change in participation was created by the research team.

4. *Support Provided.* This section included questions on what support the respondent provided to others within the community, why they did these tasks, frequency of task provision, and characteristics of people to whom support was provided. The structure for this section was guided by the Survey on Social Support and Aging (Statistics Canada, 2002), as was the coding for the various response categories. Questions on activities such as preparation of meals, shopping (groceries), housekeeping, helping with financial matters, making arrangements for appointments, checking up on others, and providing emotional support were derived from the Survey on Social Support and Aging (Statistics Canada, 2002). The questions on transportation needs were drawn from the research of Dobbs and Dobbs (see Dobbs, 1999). Questions on activities such as watering plants, feeding pets, picking up mail, and providing childcare were adapted from the Survey on Social Engagement (Statistics Canada, 2003b), while the question on outdoor work, such as painting and shoveling snow, was adapted from the Survey of Giving,

Volunteering, and Participating (Statistics Canada, 1998). The question on giving someone a short break from their caregiving responsibilities was created by the research team.

5. *Support Received.* This section included questions about what support the respondent received from others, why support was received, frequency of receipt of tasks, and characteristics of people from whom support was received. Questions mirrored those on support provided, and, thus, were derived from the same sources.

6. *Seniors' perspectives on their community*. This domain included three sub-domains: seniors' beliefs about their physical and social environments, their sense of belonging to their community, and their beliefs about whether their community is a good place to grow old. Findings from Phase I (i.e., Keefe et al., 2004) informed the questions on the physical and social environments. Questions on sense of belonging were mainly drawn from the Social Capital Community Benchmark Survey (Saguaro Seminar, 2001), with the exception of the last question on overall belonging, which was adapted from the Survey on Social Engagement (Statistics Canada, 2003b). Most of the questions on what makes a community a good place to grow old were created by the research team to address the literature on attachment to place. However, questions on trust and the importance of establishing and maintaining social ties were adapted from the Survey on Social Engagement (Statistics Canada).

7. *Individual demographics and community characteristics.* Demographic information included items such as age, marital status, education, self-rated health, life satisfaction, and income. The questions in this module were adapted from questions in the Canadian Census (Statistics Canada, 2001a), the Survey on Social Engagement (Statistics Canada, 2003b), the Survey on Social Support and Aging (Statistics Canada, 2002), the Canadian Community Health Survey (CCHS) (Statistics Canada, 2003a), and the Participation and Activity Limitation Survey (PALS) (Statistics Canada, 2001b). In addition, a question on benefits was developed by the research team, with coding based on Veterans Affairs Canada's programs for veterans. The questions on adequacy of income were adapted from an article by Stoller and Stoller (2003).

In December 2003, the Population Research Laboratory (PRL) piloted the survey instrument through telephone interviews with 20 Canadian seniors residing in rural communities. The pilot interviews ranged in length from 22-58 minutes with a mean interview length of 31 minutes. Revisions to the survey took place over the next three months and changes were directed by feedback from the interviewers, comments provided by the interviewees, and response frequencies on individual questions (i.e., questions that yielded low response rates or no variance were deleted). The final survey instrument is provided in Appendix A.

4.2   Sampling Procedure

Participants were drawn from the Royal Canadian Legion membership database. The population of rural members was drawn using rural postal codes (second digit of postal code = 0) and by year of birth (age 65 or older). This population consisted of 36,876 members. Duplicate entries and those with missing data were removed. The remaining sample had a very small number of Francophone members who were not included in the sample because of associated data collection costs for translation and lack of representativeness. Thus, the overall sampling frame available was 36,013 people.

Data provided in the Royal Canadian Legion membership database include surname, given name, year of birth, age, gender, city, province, postal code, language, and information related to legion membership (e.g., branch, command, etc.). Telephone numbers of Legion members were not available in the database. Thus, following cleaning of the database, the next step in the sampling procedure was to obtain telephone numbers for the sampling frame. This was accomplished through electronic matching of names and addresses with Canadian Telephone Directories. Due to time and cost limitations of attempting to match such a large number of names, a stratified, random sample of 12,381 was drawn from the sampling frame of 36,013. Stratification was based on percentages of rural seniors 65 years of age and older in the following regions: Atlantic Canada, Quebec, Ontario, Prairies, Alberta, and British Columbia. Regional percentages were set to mirror the older rural population from the 2001 Census. This sample was then subjected to electronic matching. Results of the electronic matching with Canadian Telephone Directories yielded an overall sample of 5,646 names (Table 1).

Table 1.   Results of electronic matching of Royal Canadian Legion sample with Canadian telephone directories

Region	Number	Percentage
Atlantic Canada	1,187	21.0
Quebec[1]	539	9.5
Ontario	1,827	32.4
Prairies	799	14.2
Alberta	748	13.2
British Columbia	546	9.7
Total	**5,646**	**100.0**

Based on the final sample of 5,646 potential respondents, quota sampling was done based on age (50% aged 65 to 74 years and 50% aged 75+) and gender (50% male and 50% female). Sampling at the household level was accomplished by first targeting men aged 75 or older, as it was expected that this would be the quota that would be hardest to fill. However, as the interviewing proceeded, it became obvious that this target population quota was easily filled since Legion members are disproportionately male. Thus, the 'hard to fill' quota was changed to target women, especially within the older age group. This was accomplished by asking the person who answered the phone what was the household composition of people aged 65 or older. Based on that feedback, respondents were interviewed based on the following priority target: women 75+, women 65-74, men 75+, and men 65-74. Final sample size was 1,322 completed interviews. See Table 2 for description of the final sample.

---

[1] The number and percentage for the Quebec sample reflect all English speaking members of the Royal Canadian Legion living in Quebec. The regional percentage of older rural seniors from the 2001 Census is higher.

Table 2.   Sample distribution: Age, gender, and region

Region	Females		Males		Total
	65-74	75+	65-74	75+	
Atlantic Canada	85	70	77	52	284
Quebec	38	42	18	30	128
Ontario	115	120	103	83	421
Prairies	29	35	44	79	187
Alberta	40	31	52	53	176
British Columbia	30	27	31	38	126
Total	337	325	325	335	1322

As planned in the sampling strategy, the final sample was evenly split by gender and age category. Regional representation of the final sample mirrors the regional representation of rural seniors in Canada based on the 2001 Census of Canada data[2].

4.3   Data Collection

The data were collected by trained interviewers from the PRL at the University of Alberta using its centralized Computer-Assisted Telephone Interviewing (CATI) facilities. The survey instrument and data collection protocols were reviewed and approved by the Faculty of Agriculture, Forestry, and Home Economics Human Research Ethics Board, the University of Alberta Health Research Ethics Board-Panel B, and Mount Saint Vincent University Research Ethics Board. At the outset of the study, supervisors and interviewers received project training from the PRL Research Coordinator and members of the Rural Seniors Research Team on the study background and questionnaire content.

The main data collection phase was conducted in the spring of 2004 (from March 27, 2004 to May 1, 2004). Interviewing took place throughout the day to accommodate time zones across the country. Telephone supervisors monitored the work of the interviewers, checked call dispositions, and conducted back-up interviewing. The average length of the interview was 37.6 minutes. Response rate was 51.2% based on refusals, inability to contact respondent, and language barriers.

4.4   Research Questions and Analyses

In this section, we outline the three main research questions and sub-questions, and provide an overview of the data analyses for each. However, prior to presenting the research questions, we describe the data analyses related to demographic information for the sample.

---

[2] Quebec is the exception to regional representation.

Characteristics of Participants

We begin by describing women and men in our sample in terms of demographic characteristics: age, marital status, education, income, and employment status. The data are presented in terms of percentages for women and men.

In order to examine our sample with respect to the overall rural senior population in Canada, comparative information was included from the General Social Survey (Statistics Canada, 2002). Further descriptive information (percentages for women, men, and the total sample) on participants included levels of life satisfaction, health status, long-term health problems, and the effect of those problems on involvement in community activities. Finally, veteran status of participants was described: wartime service, whether the respondent was a client of Veterans Affairs Canada (VAC), and whether they received services from VAC (e.g., Veterans Independence Program (VIP), Health Care Treatment Benefits, etc.). The data are presented as percentages for women, men, and for the sample as a whole.

Research Questions

There were three main research questions: questions related to the social environment of rural seniors (Question 1), the service environment of rural seniors (Question 2), and rural seniors' views of what makes their communities good places to grow old (Question 3). Each of the three main research questions had related sub-questions. The main research questions and sub-questions are listed below. For each of the main research questions, we provide our assumptions for that question. For each of the sub-questions, we provide an overview of the questions from the survey followed by a description of the data analyses.

1. What is the nature of the social environment of rural seniors?
   The primary assumption underlying the research questions related to the social environment and support to seniors is that rural seniors are embedded in networks that provide support. This assumption is part of a broad issue that we are trying to address in the project – that is, whether rural seniors are well supported because they are embedded in kin, friend, and community networks or not well supported because services in rural communities are insufficient. The latter is addressed under research question 2. The three sub-questions related to the nature of the social environment are:

   a) What are the characteristics of social and support networks of rural seniors?

      For this question, we described social and support networks in order to determine differences in potential for support. Respondents were first asked to provide names of their relatives (spouse, daughter, son, in-laws) and close friends, and to provide the gender of each, his/her age, and where each lived. They were then asked to indicate if they had received support on a number of tasks (e.g., meal preparation, shopping, transportation). If they had received support, they were asked to provide the name, gender, and age of the individual(s) who provided support, where the individual(s) lived, why they had provided the support, and the frequency of support provided. Social networks included all individuals named by the respondent as relatives (close kin, distant kin), and close friends. Support networks included all social network members who provided assistance on one or more tasks.

The information from those questions was used to create social and support networks for each of the sample respondents. Descriptive analyses were used to determine the characteristics of the social and support networks for the overall sample (e.g., the percentage of respondents with female only networks, the percentage of the sample with only close kin in their networks, etc.).

b) How do rural seniors differ with respect to support received from others on different types of tasks?

For this question, we first examined the types of support that each respondent received from individuals in her/his support network. Types of support included support with housekeeping, outdoor work, shopping, etc. Descriptive analyses were used, with the information presented in terms of percentages (ranked from the highest to the lowest type of support received). We also examined the frequency of support for each of the support items. Because many of the respondents received support from more than one person for each task, we first calculated the maximum frequency of support that each individual received for each of the items. Descriptive analyses were then used to determine the maximum frequency of support (at least once per month to daily) across the support network for each task. The results are presented as percentages for each item in terms of frequency of support received.

We also were interested in determining the characteristics of the individual, his/her support network, and of the community that are predictive of support received. Questions from the survey related to individual characteristics included age, gender, marital status, education, income, health and driving status, and length of time in the community. Questions related to the support network included proportion of those in the support network in terms of age and gender, size of support network, and relationship and proximity of individuals in the support network to the respondent. Community related questions included the size of community, number of services available, distance from an urban centre, and the proportion of seniors in the community.

Hierarchical multiple regression analyses were used to determine if any of the characteristics (individual, network, or community) predicted support received. Thus, characteristics were used as predictors and types of support received were the dependent variables. Prior to the regression analyses, factor analysis was used to group the 13 support tasks into a smaller set of tasks. The five task groups were: 1) transportation (medical, necessary, and social); 2) housework (meal preparation, housekeeping, and shopping); 3) emotional support (emotional support, break from caregiving, and checking up); 4) household arrangements (making arrangements and financial matters); and 5) checking the house (watering plants, feeding pet etc. while away). Following the factor analysis, five hierarchical regression analyses (one for each of the five types of support received) were run to determine which of the individual, network and community characteristics were predictive of receipt of support on that group of tasks. The results are presented as standardized beta weights and level of significance.

c) How do rural seniors differ with respect to views of the amount and adequacy of support they receive?

Respondents were then asked to rate their satisfaction with the amount of support that they had received over the last 12 months, and to rate the adequacy of that support. In terms of amount of support, respondents rated their level of satisfaction from very dissatisfied to very satisfied. For adequacy of support, respondents' ratings ranged from completely inadequate to completely adequate. Descriptive statistics (frequencies) are provided in terms of level of satisfaction for each question.

Cross tabulations, with chi square statistics, were then done to determine if ratings of amount and adequacy of support differed by individual characteristics, such as gender, marital status, age, and long-term health problems. The results are discussed in the text.

2. What is the service environment of rural seniors?
The purpose of this question was to address the assumption that rural seniors are not well supported because services in rural communities are insufficient. The sub-questions are:

a) What is the status of service availability and usage in rural communities?
For this question, we examined the availability and frequency of use of stores and services in rural communities. Participants were asked to indicate the presence/absence of stores and services from a pre-determined list of 17 stores/services. The data are presented as the proportion of seniors reporting the presence of the store/service in the community, ranked from highest to lowest percentage. Respondents who indicated that the store/service was present in their community were then asked to indicate their frequency of use of those stores and services (ranging from 'never' to 'regularly'). The results are presented in percentages.

b) How satisfied are seniors with the adequacy of stores and services in their communities?

Respondents were then asked to provide an overall rating of their level of satisfaction with the adequacy of stores and services in their communities. The data are presented in terms of percentages. We also were interested in respondents' access to people and services. Respondents were asked a series of questions on driving status and the effects of not driving on access to people and services. We first determined the percentage of women and men who drive, and for those who did not drive, descriptive statistics (frequencies) were used to examine if not driving affected respondents' ability to socialize or to do things such as grocery shopping or getting to appointments. The data are presented as percentages.

3. What makes a community a 'good place to grow old'?
This is the broad question that underlies our program of research. Some of the elements of community that may be important include networks, services, and other social and physical aspects of rural communities. Here we get seniors' perspectives on this question. The sub-questions are:

a) What are respondents' views of their communities and do those views differ by personal characteristics?

For this question, respondents rated how well their community could be described as having certain features (e.g., small enough that everybody knows each other, close to all the services I need, etc.). Results are presented in percentages for rating levels (not at all important to very important), as well as the average rating for each community feature. Multivariate analyses of variance (MANOVAs) were then used to determine if those views differed by participant characteristics such as gender, marital status, age, and long-term health status. The means, along with levels of significance, are presented.

b) Do respondents' ratings of importance of community connections differ by personal characteristics?

Respondents also were asked to rate the importance of community connections (e.g., knowing where to go for services in your community, knowing people in your neighbourhood, etc.). Responses are presented as percentages (not at all important to extremely important) for each item. The average for each community connection item also is provided. MANOVAs were used to determine whether those views differed by characteristics of participants such as gender, marital status, age, and long-term health status. The means, along with levels of significance, are presented.

c) How do respondents rate their community as a good place to grow old?

This is a single-item question in which participants were asked to provide an overall rating of their community as a 'good place to grow old'. The results are presented in the text.

d) How important are selected characteristics in making a community a 'good place to grow old'?

Participants were asked how important selected characteristics of a community (e.g., good neighbours, affordable, clean and tidy) were in making their community a 'good place to grow old.' The ratings on the 14 characteristics were used to examine whether personal characteristics predicted the ratings. Factor analysis was applied to reduce the 14 community characteristics into a smaller set of items. The results of the factor analysis revealed two factors: social characteristics and physical characteristics. Two hierarchical multiple regression analyses were then run to determine whether individual characteristics, such as gender, marital status, age, and long-term health problems made a difference in participants' view of the importance of these community characteristics in making their community a good place to grow old. The results are presented in terms of standardized beta weights and levels of significance.

5.   Findings

In this chapter we present findings from our analyses, reflective of our three primary research questions. In the first section we describe the nature of the social and support networks of seniors who live in rural Canada. In the second section we explore the service environment of rural seniors. In the third section we investigate what are the important elements of the community that, according to seniors, make their communities 'good places to grow old.' We begin by describing the characteristics of rural seniors who took part in the survey.

5.1   The Participants

Participants in the study were 1,322 individuals from Legion member households aged 65 years and older who live in rural Canada. The sample was chosen to represent relatively equal proportions of men and women aged 65-74 years and 75 years or older.

As shown in Table 3, the sample has some differences from the general population of older adults in rural Canada. These differences can be accounted for primarily by the sampling strategy for the study and the profile of Legion members. Because the sample was stratified by age, there were higher proportions of both women and men over age 75 than in the general rural senior population. The sampling strategy also resulted in there being a much higher proportion of married women in this study than found in the overall population of rural seniors. The level of educational achievement in our sample is similar to that of seniors in rural Canada. Two-thirds of the participants had personal incomes between $15,000 and $49,999 per year. Compared to the senior population in rural Canada, the personal incomes of our sample are skewed towards a higher income level.

Overall this comparison suggests that we need to be conscious of the fact that while the seniors in this study were similar to rural seniors in general, they differed in two important respects that may have influenced the findings in this study. Perhaps most important is marital status. Because most women and men in this study were married, we see much less of the 'triple jeopardy' of being old, female, and widowed that often is present in research on older adults. Throughout the findings we see that there are relatively few differences between women and men in key areas such as health, disability, and support. Incomes also are higher among our participants, suggesting that the poorest seniors may be relatively underrepresented in this study.

Table 3.   Demographic characteristics of seniors living in rural communities

Demographic Characteristics	Legion Rural Seniors (n=1322)		GSS 2002 Rural Seniors[3]	
	Gender (%)		Gender (%)	
	Women	Men	Women	Men
Age				
65 – 74	47.6	47.1	56.8	62.7
75+	52.4	52.9	43.2	37.3
Marital status				
Married/common-law	79.9	75.2	50.2	79.3
Widowed	17.8	15.0	42.3	10.3
Separated/divorced/single	2.3	9.7	7.4	10.3
Highest level of formal education				
Elementary school or less	24.8	35.3	22.5	29.3
Secondary school	43.5	38.7	48.9	37.6
Post-secondary degree, certificate/diploma	29.5	20.9	27.5	30.0
Graduate degree	2.3	5.2	1.2	3.1
Income				
0 to $14,999	26.4	9.9	37.0	17.7
$15,000 to $29,999	39.3	36.4	15.1	25.7
$30,000 to $49,999	23.9	39.5	4.8	13.2
$50,000 and greater	10.4	14.2	1.6	7.0
Employment status				
Not employed/retired	96.5	92.1	96.6	88.1
Employed	3.5	7.9	3.4	11.9

Most participants rated their satisfaction with life as very good or excellent (Table 4). In contrast, one in five participants rated their health as fair or poor and nearly half the sample reported living with a long-term health problem or disability. Clearly life satisfaction is not entirely dependent on health status. Nonetheless, of people who reported a health problem or disability, over 25% reported that it affected their community involvement most or all of the time. There were no significant differences between women and men with regard to life satisfaction, perceived health status, or long-term health problems. The majority of rural seniors in our sample are highly satisfied with their lives and see their health as good to excellent despite almost one-half having long-term health problems that restrict them from being involved in community activities. Nonetheless, individuals who are limited in their ability to be involved in community activities may be at risk of social isolation and inadequate community support or care. These same seniors may be the ones who do not reach out for services or assistance.

---

[3] Results are from (unpublished) analysis of the 2002 General Social Survey. Income data from the GSS have 39% missing values. Results must be treated with caution.

Table 4.   Life satisfaction/health status of participants

	Gender (%)		All Participants (%)
	Women	Men	N=1322
Life satisfaction			
Poor/Fair	8.3	8.8	8.6
Good	29.8	26.3	28.1
Very good	40.2	40.0	40.1
Excellent	21.6	24.8	23.2
Perceived health status			
Poor	3.3	4.1	3.7
Fair	19.0	22.4	20.7
Good	31.6	29.5	30.6
Very good	33.0	28.8	30.9
Excellent	13.1	15.2	14.1
Long-term health problems or disability			
Yes	47.4	48.6	48.0
(If yes) How often do long-term health problems affect ability to be involved in community activities?			
Never	23.8	23.2	23.5
Rarely	21.9	19.7	20.8
Some of the time	29.9	28.8	29.4
Most of the time	16.4	21.6	19.0
All of the time	8.0	6.6	7.3

Over 50% of men in the study had served in World War II or the Korean War in the military forces of Canada or its allies. Not surprisingly, the majority of women did not have wartime service (Table 5). Of those with wartime service, nearly half of women and men were clients of VAC though numbers of women who are clients of VAC are small. Gender differences were apparent in the types of VAC benefits received. A higher proportion of female than male VAC clients received the Health Care Treatment benefits. In contrast, more male than female VAC clients received a Disability Pension and services within the VIP.

Table 5.   Veteran status of participants

	Gender (%)		All Participants (%)
	Women	Men	
Wartime service			
Yes	6.0	57.4	31.7
(If yes), client of VAC?			
Yes	45.0	49.3	48.9
VAC Services used by clients:			
Veterans Independence			
Program	33.3	50.3	48.8
Health Care Treatment			
Benefits	61.1	51.9	52.7
Disability Pension	44.4	53.5	52.7
Attendance Allowance	5.6	8.0	7.8
War Veterans Allowance	27.8	25.1	25.4

5.2   The Social Environment of Participants

In this section of our findings, we present information that addresses the questions related to the social environment and support to rural seniors. These findings provide us with information on the ways in which rural seniors are surrounded by networks of family and friends that provide them with support.

Results in Table 6 illustrate the characteristics of the social and support networks of participants. These findings show that most seniors living in rural Canada do have networks of individuals who provide them with opportunities for social engagement as well as support. All participants reported having at least one person in their social network. In fact, the vast majority (91.8%) had social networks ranging in size from 5 to 13 people. However, having people one can name as family members and friends is not the same as receiving support from them. Almost 12% report having no support networks with a further 30% having two or fewer members in their support networks. The median size of support networks is only 3 people compared to social networks that have a median of 10. One can begin to see diversity among seniors in terms of their access to support from family and friends.

Social and support networks differ in other ways as well. In general, social networks are quite heterogeneous. Over 90% of participants have women and men, kin as well as neighbours and friends, people of various ages, and people living both nearby and at a distance in their social networks. In contrast, support networks are somewhat less diverse. They have fewer people and are less likely than social networks to have both women and men (66.2%), kin and non-kin (60.8%), members of all ages (60.8%) and people nearby and at a distance (53.9%). Of note is the fact that only 39% have their entire support network in the same community.

Overall, rural seniors have fairly large social networks with women and men of all ages and kin relationships who live either in the same community or at a distance from them. Based on this information alone, one might conclude that so-called 'informal' networks are available for the task of providing assistance and support. Yet the contrast between these broad networks

and the narrower support networks is important. Support networks of rural seniors tend to be much smaller, and have less diversity in the gender, age, relationship, and proximity composition than social networks. Perhaps these more focused networks are all that is needed to make sure that seniors are supported and included. We turn next to an examination of what tasks are provided by these networks as a basis for our examination of the nature of support.

Table 6.   Characteristics of the social and support networks of rural seniors

Network Characteristic	Social Network (% of Participants)	Support Network (% of Participants)
Network size		
0 people	--	11.8
1-2 people	2.2	29.6
3-4 people	6.0	30.3
5-13 people	91.8	28.3
Network Size		
Mean	10.4	3.4
Median	10.0	3.0
SD	4.7	2.6
Gender Composition		
Female only network	2.4	19.7
Male only network	1.2	13.1
Mixed male and female network	96.1	66.2
Relationship Composition		
Close Kin Only	2.0	21.5
Distant Kin Only	0.2	3.3
Non-Kin Only	0.8	5.7
Mixed	96.8	60.8
Age Composition		
< 44	0.7	5.7
45-64	0.9	14.5
65 and >	3.0	11.1
Mixed	94.6	65.2
Proximity Composition Entire network lives:		
In same community	8.6	39.1
Outside community	0.9	6.9
Mixed (same and outside)	90.2	53.9

Table 7 shows the tasks that members of support networks provide to seniors, the proportion of seniors who receive those tasks, and the frequency with which tasks are received. The only task received by the majority (55.7%) was having someone check up on them to see that they are okay. The next most commonly received tasks were assistance with activities inside and outside the house. Nearly half stated that other people had prepared meals for them, dropped off homemade food, or invited them to dinner. A third received support with housekeeping, such as washing floors, vacuuming, dusting, laundry, or mending, and outdoor work, such as painting and minor repairs, shoveling snow, or chopping firewood. One in five rural seniors receives assistance with shopping and transportation for medical appointments.

The frequency with which tasks are provided differs considerably. Checking up and emotional support are more likely provided daily or several times a week. Some tasks are provided less frequently. Outdoor work, transportation for medical appointments, financial assistance, and help with making appointments are important in people's everyday lives though not needed every day. Few people get a break from their own caregiving activities. However, those who do, get regular assistance.

The most common reason cited for receiving support with most tasks is "that's the way things are done with family/friends" suggesting that most support is provided out of a spirit of caring rather than because of need. However, support with housekeeping and to a lesser extent outdoor work is likely provided because the person has a long-term health problem. Everyday tasks may be noticed more often when there are extra needs or when older adults are no longer able to do them for themselves.

It's puzzling that a much higher proportion of people don't report receiving these tasks. Most participants are married and likely do things for each other such as preparing meals, doing housework, outdoor work, and shopping. It seems likely that support from spouses is so much part of everyday routines that it's not visible. So, at least for married people, levels of support may be much higher than are seen here.

Table 7.   Types of support received from participants' support networks

Type of Support Received	Percentage Receiving Support	Maximum Level of Support Received (%)			
	(% participants)	At least once a month	At least once a week	Several times a week	Daily
Checking up in person or telephone	55.7	17.5	31.7	23.3	27.6
Prepared meals	48.6	56.8	22.8	10.3	10.0
Housekeeping	35.9	38.9	38.3	11.5	11.3
Outdoor work	31.2	61.5	24.9	11.5	2.2
Shopping	22.2	30.1	38.0	26.7	5.1
Transportation for medical	18.9	70.7	19.3	8.8	1.2
Water plants, fed pets, pick up mail	18.5	39.3	22.7	18.6	19.4
Financial Matters	17.9	87.7	7.2	4.2	0.8
Emotional support	17.2	29.1	30.5	14.3	26.0
Transportation for social	14.3	54.2	30.0	13.2	2.6
Transportation for necessary	12.7	32.7	43.5	20.2	3.6
Making arrangements such as obtaining information, making appointments, negotiation for provision of services	6.1	70.1	23.4	6.5	0.0
Short break from providing care	3.3	13.6	45.5	29.5	11.4

From a service perspective an important question is who receives support, and thus, who are the seniors at risk of being unsupported. Table 8 shows how characteristics of older adults themselves, of their support networks, and of their communities are related to receipt of support on five broad categories of tasks:

- transportation,
- housework (meals, housekeeping, shopping),
- emotional support (emotional support, caregiving break, checking up),
- household arrangements (making arrangements and financial assistance), and
- checking the house (watering plants, feeding pets, etc).

For all tasks, characteristics of participants and of their support networks were important in determining whether or not a senior received support. Community characteristics did not discriminate who received support and who did not. The set of characteristics differed somewhat for each set of tasks.

Those who received assistance with transportation were more likely women, unmarried, people in poorer health, and those who did not drive. They had networks that were either entirely men or a combination of women and men (but not entirely women) and that were either small or large (rather than having 3 or 4 members).

People receiving assistance with housework were older, did not drive, had networks that were entirely men or a combination of women and men, and networks that were not entirely in the same community (the latter is probably an indication that their assistance came from others who lived in the same household).

Those receiving emotional support were younger, unmarried, and in poorer health with networks that were entirely middle aged (45-64). Those receiving assistance with household arrangements such as obtaining information or help with finances were most likely older, women, and people who had lived longer in the community. Their networks were not all women but either all men or a combination of women and men. Finally, none of these characteristics were important in determining whether participants had someone check the house for them.

These patterns of results show that seniors differ in their likelihood of receiving support with various tasks and how networks with various characteristics are more or less likely to provide that support. It's not surprising that those who receive assistance with transportation are most likely women, unmarried, older, in poorer health and without a drivers license or that networks with high proportions of men are more likely to be in a position to help. Men in this cohort are far more likely to still drive than are women. However, we might not have expected that people receiving emotional support were younger, unmarried and in poorer health. It may be that younger seniors are more conscious of receiving emotional support if they recently have developed a chronic health problem or become widowed.

Overall findings show that age is the most important individual determinant of support, though it is not always older seniors who receive support. Among network characteristics, gender composition is the most important predictor. However, like age, this relationship is not always in the expected direction. Networks of all men are more likely to provide tasks such as transportation and making arrangements, while networks of women most likely provide meals and other housework tasks.

Table 8.   Characteristics that are predictive or indicative of support received (Standardized beta weights and level of significance)

Predictor Variables	Dependent Variables				
	Transporta- tion	House- work	Emotional Support	Household Arrangements	Checking the House
Individual Characteristics					
Age[4]	.05	.16***	-.12***	.14***	.28
Gender[5]	.12***	-.03	.08	.10*	.38
Marital status[6]	.07*	.02	.09*	.04	.03
Education[7]	.03	-.01	.01	.02	.99
Income[8]	-.03	-.01	-.04	.03	.87
Health[9]	-.07*	-.06	-.08*	-.05	.69
Driving[10]	-.48***	-.10*	-.03	-.07	.42
Length of time in community[11]	.01	-.01	.01	.10**	.07
Network Characteristics					
Age composition (45 to 64 only)[12]	-.00	-.02	.10*	-.08	.53
Gender composition (females only)[13]	-.09**	.13***	.07	-.16***	.17
Network Size (Size 3 to 4 only)[14]	-.07*	.04	-.02	-.01	.08
Relationship composition (Close kin only)[15]	.05	.06	.04	-.06	.74
Proximity Composition (In the same community only)[16]	-.07	-.10*	-.07	.01	.51
Community Characteristics					
Size of community[17]	-.04	-.01	-.04	.00	.64
Number of Services Available[18]	.04	-.00	.02	.02	.93
MIZ (Distance from Urban Centre)[19]	-.02	.02	-.01	.05	.63
Percentage of seniors in the community[20]	.01	.02	-.04	-.06	.22
Total Variance Explained (3 Models)	30%***	5%***	4%***	7.5%***	< 1%

$* = p \leq .05, ** = p \leq .01, *** = p \leq .001$

---

[4] Age: 65 to 95

[5] 1 = Men 2 = Women

[6] 1 = Married/Common-Law, 2 = Widowed, 3 = Separated/Divorced/Single-Never Married

[7] 1 = Elementary School or Less, 2 = Secondary, 3 = Post-Secondary/Graduate Degrees

[8] 1 = 0 to $14,999, 2 = $15,000 to $29,999, 3 = $30,000 to $49,999, 4 = $\geq$ $50,000

[9] 1= Poor, 2 = Fair, 3 = Good, 4 = Very Good, 5 = Excellent

[10] 0 = No, 1 = Yes

[11] 1 = < 10 years, 2 = 10 to 24 years, 3 = 25 and > years

[12] Negative sign indicates greater proportion of networks as either all younger, older, or mixed (young, middle aged, and old)

[13] Negative sign indicates a greater proportion of networks as either all male or male and female combined

[14] Negative sign indicates a greater proportion of networks is < or > than 3 to 4 people

[15] Negative sign indicates a greater proportion of networks in composed of distant kin, non-kin, or mixed (close, non-kin, and distant kin)

[16] Negative sign indicated a greater proportion of networks live outside the community or mixed (inside and outside community)

[17] Population of community per respondent report (e.g., 0 to 10,000)

[18] Total number of services available in community (range 0 to 17)

[19] 0 MIZ = no one in the community commutes to an urban centre for work or it is a community with less than 40 residents in the labour force, 1=0% to 5% commute to an urban centre for work, 2= 5% to 30% commute to an urban centre for work, 3=30% to 50% commute to an urban centre for work.

[20] Derived from Census Data-measured as percentage (0 to 100%)

Clearly rural seniors differ considerably in whether they receive various tasks from support networks. However, whether or not the type and amount of support received is adequate can't be determined just by looking at tasks. So, we asked participants how satisfied they were with the amount of support they received and the adequacy of that support. The overwhelming majority were fairly or very satisfied both with the amount of support and its adequacy (Table 9). There were no differences by gender, martial status, age or presence of long-term health problem on these satisfaction levels.

These findings seem incongruent with the fact that fewer than half of seniors report receiving assistance with most tasks. It may be that seniors feel supported knowing that there are people who would provide assistance if needed. They may find that any assistance makes them feel included. Clearly we need to better understand what rural seniors see as supportive, and what their expectations of support are before we have a full sense of whether rural seniors are embedded in networks that provide them with support.

Table 9.   Satisfaction with amount and adequacy of support received

	Level of Satisfaction (%)				
Level of satisfaction	Very Dissatisfied	Fairly Dissatisfied	Neutral	Fairly satisfied	Very satisfied
Amount of support received	1.3	1.0	5.8	29.8	62.2
Adequacy of support received	0.9	1.2	5.6	30.4	62.1

5.3   The Service Environment of Participants

In this section of the findings we present information on the services that are available in participants' communities, whether they use those services, and how satisfied participants are with those services.

Rural Canada is often viewed as having few formal services, such as hospitals, post offices, banks, and small businesses. Participants were asked whether a particular store/service was present in their community, and then how often they used the store/service. Table 10 shows that most rural seniors stated that their community had a church, post office, grocery story, and hair dresser. Among those who had the service in their community, many used these stores/services on a regular basis. Six of the 17 services available in the community were used regularly by 50% or more of the participants (post office, grocery store, bank, Royal Canadian Legion branch, hardware store, and pharmacy). Health care services such as doctors and pharmacies were present in 68% of participants' communities, and these services were used regularly. However, hospitals were present only in a third of the communities.

Two-thirds of participants reported that community meeting places such as a Royal Canadian Legion branch and Seniors Centres were present in their rural communities. Many

participants used the Royal Canadian Legion branch, whereas almost one-half of participants had never used the seniors centre in their community.

We often focus on health services when thinking about older adults. It is worrisome that more than 30% of participants have no physician or pharmacy in their community and more than two-thirds have no hospital. Where physician services are present, the majority use those services. We don't know how people from this survey manage who do not have such access. Of note is the fact that the most frequently used available services are the post office, grocery store, bank, and pharmacy. These everyday services used regularly by all Canadians are important not only for the lives of older adults but to the sustainability of communities in which they live.

Table 10. Presence and use of services in the community by rural seniors

Stores/Services in Rural Community	Percentage of Seniors Reporting Presence of Services in Community	Frequency of Use of Service (%)		
		Never	Occasionally	Regularly
Church	94.6	28.4	26.8	44.8
Post office	93.1	1.9	18.0	80.0
Grocery store	86.0	3.8	21.0	75.2
Hairdresser	84.7	28.5	23.3	48.2
Community centre	77.3	27.1	49.2	23.7
Bank	76.2	7.6	10.9	81.5
Royal Canadian Legion branch	74.2	11.7	35.4	52.9
Hardware store	72.3	4.5	45.5	49.9
Doctor	68.9	15.7	39.4	44.9
Pharmacy	68.5	3.0	25.3	71.7
Seniors centre	66.6	45.9	27.5	26.6
Nursing home/lodge	62.0	85.1	8.9	6.0
Dentist	55.9	41.6	36.8	21.6
Clothing store	43.1	26.0	63.3	10.7
Access to high speed internet	40.8	74.8	4.9	20.4
Hospital	33.8	16.4	66.7	16.9
Shoe store	22.2	29.3	63.9	6.8

Participants also were asked to rate their level of satisfaction overall with stores and services available in their community. The majority of participants were fairly satisfied or very satisfied with the adequacy of available stores (78%) and services (82%) in their rural community (Table 11).There were no differences in satisfaction ratings based on gender, age, marital status, income, or length of time living in the community. Here too, we see some apparent disconnection between high levels of satisfaction and what might be seen as rather poor levels of service in some resources for health and day-to-day activities.

Table 11: Level of satisfaction with community stores and services

Level of satisfaction with:	Level of Satisfaction With Community Stores and Services (%)				
	Very Dissatisfied	Fairly Dissatisfied	Neutral	Fairly satisfied	Very satisfied
Stores	4.4	8.2	9.2	47.9	30.2
Services	3.9	6.4	7.7	52.3	29.8

Satisfaction may be due in part to people's ability to get to services and to people who provide them with support. Driving is the primary means by which people access other people and services, especially in rural areas where distances are great and public transportation is limited. Most women (77.2%) and men (94.4%) participants reported that they drive. Of those who drive, nearly half drive daily, 12% drive 5 or 6 days per week, 25% drive 3 or 4 days per week, and 15% drive 1 or 2 days per week.

Participants who reportedly did not drive were asked to reflect on the impact not driving had on their life (Table 12). More than two-thirds felt that not driving had impacted rarely or never on their ability to socialize with others or do things like grocery shopping or getting to appointments. Yet a substantial minority (21%) said that not driving affected their ability to do things like shopping. A larger percentage (31.5%) said that not driving affected their ability to socialize. The differences in these proportions may be understood as differences in the perceived importance of access to people and services. Seniors may be more inclined to ask for a ride to get necessities such as groceries than to visit with an old friend. In turn, network members may be more likely to think about groceries or prescriptions than social contact.

Table 12. Effects of not driving on access to people and services

Looking back over the past 12 months how often has not driving affected:	Frequency of Impact of Not Driving (% Participants Who Did Not Drive)		
	Never	Rarely	Some of the time/ Most or all of the time
How you socialize with others, like visiting friends and family?	51.1	17.4	31.5
Your ability to do things like grocery shopping or getting to appointments?	63.4	15.3	21.3

In rural communities, transportation options other than driving may not ameliorate rural seniors' ability to access people and services. Participants were asked to rate the overall transportation options in their community, such as public transportation, shuttle services, and

taxicabs. Over half (55%) of participants rated the overall transportation options in their community as poor or very poor; less than one-quarter rated the options as good or excellent.

In sum, there are considerable differences in the availability and use of services in participants' communities. Despite this, people express generally high levels of satisfaction with services. Driving is a key element of access to services. Those who do not drive may be somewhat disadvantaged in getting to the stores they need or to appointments. They may be more disadvantaged in maintaining the social contact that is important in helping them remain connected to their communities.

5.4   Community as a "good place to grow old"

In the final section of the report, we consider the question of whether rural seniors view their communities as good places to grow old. We began by asking people to evaluate whether their communities had features often associated with places that are inclusive and otherwise good places to grow old.

Table 13 shows participants' evaluation of whether their communities have such features. The majority of respondents described their communities as "older", "supportive", and "established with longstanding residents", elements we found in Phase I to be associated with communities supportive to seniors. A greater proportion of respondents described their communities as having lots of seniors (77%), people providing a lot of support to each other (71%) and people having lived there a long time (70%) compared to other elements such as being small enough that everybody knows each other (64%) or close to all services (61%).

Table 13.   Community features: Participants' views

Community Feature	Level of Description of Community Characteristic: Participants Ratings (Percentages and Averages)					
	Not at all	Poor	Fair	Good	Excellent	Average (1-5)
Lots of people over 65 years	1	4	18	30	47	4.2
Most people have lived here a long time	2	5	23	29	41	4.0
People provide a lot of support to each other	2	5	22	32	39	4.0
Small enough that everybody knows each other	5	8	24	25	39	3.8
Close to all services I need	10	7	22	27	34	3.7

Characteristics of participants made a difference in these ratings (Table 14). Gender was the most important characteristic that differentiated whether people saw their communities as having characteristics associated with positive places to grow old. Women were more likely to rate their community as having lots of seniors and long-term residents, and as being typified by people providing support to each other. They also rated their community as being small enough that everybody knows each other, although this item did not reach significance (p = .056). It seems unlikely that rural women are living in communities which differ dramatically from communities where men reside. Rather, women may rate their communities as having important features because they have stronger social linkages and a greater role in giving assistance to others such as family, friends, or through community organizations.

Age and disability affected views of community as close to needed services in ways that seem contradictory. Both younger participants and those with chronic health problems were less likely to rate their community as being close to all the services they need. The two groups may be reflecting on different sets of services. For those with health problems, they may be commenting on services that are especially relevant to them such as health services (e.g., physicians, hospitals) while younger seniors may be seeing lack of choice in food, recreational, or other financial opportunities.

Table 14.   Community features: Participants' views by personal characteristics

| Community Feature | Personal Characteristics of Participants (Average Ratings) | | | |
	Gender	Marital Status	Age	Long-term health problem
Close to all services I need	W = 3.8 M = 3.6	Mar = 3.7 Wid = 3.7 NMar = 3.8	YO = 3.6* MO = 3.8 OO = 4.1	No = 3.8* Yes = 3.6
Small enough that everybody knows each other	W = 3.9 M = 3.9	Mar = 3.9 Wid = 3.9 NMar = 3.9	YO =3.9 MO = 3.9 OO = 3.9	No = 3.9 Yes = 3.9
Lots of people over 65 years	W = 4.2*** M = 4.1	Mar = 4.2* Wid = 4.3 NMar = 4.0	YO = 4.1 MO = 4.2 OO = 4.3	No = 4.1 Yes = 4.2
Most people have lived here a long time	W = 4.0* M = 4.1	Mar = 4.0 Wid = 4.1 NMar = 4.0	YO = 4.1 MO = 4.0 OO = 3.9	No = 4.0 Yes = 4.1
People provide a lot of support to each other	W = 4.0** M = 4.0	Mar = 4.0 Wid = 4.0 NMar =3.9	YO = 4.0 MO = 4.0 OO = 4.0	No = 4.0 Yes = 4.0

Gender: W = Women, M = Men
Marital Status: Mar = Married, Wid = Widowed, and NMar = Not Married
Age: YO =65 to 74, MO= 75 to 84, OO = 85+
* = p < .05, ** = p < .01, *** = p < .001

The community characteristics in the above tables have been viewed overall as positive attributes. However, in the interests of understanding diversity in rural seniors, we believed that it was important to ask participants themselves how important these attributes were to them. Table 15 shows the results of these questions. Overall, knowing where to go for services in the community was rated most highly while making new friends in the community was least important.

Ratings of the social and physical aspects of communities were quite similar. However, the high importance of both services and old friends suggests that neither substitutes for the other. Long-term residence in a community was rated quite highly. It will be useful to understand how newcomers to communities who move in at retirement or leave farming areas to move into town adapt to their new service and social settings. Making new friends was least important. The strong social capital inherent in longstanding relationships may override the need to develop new relationships.

Table 15. Community features: Participants' ratings

Community Feature	Participant Ratings (%)					Average (1-5)
	Not at all Important	Somewhat Important	Important	Very Important	Extremely Important	
Knowing where to go for services in your community	3.0	2.3	11.7	23.3	59.7	4.3
Having old friends	4.4	4.2	13.1	22.5	55.8	4.2
Having lived in your community for a long time	5.1	7.3	14.8	20.8	52.0	4.1
Knowing people in your neighbourhood	3.5	5.3	21.0	29.0	41.2	4.0
Having a place of worship	14.1	6.4	12.4	17.1	50.1	3.8
Making new friends	7.1	13.2	30.9	25.2	23.6	3.4

There also were patterns of differences in which of the community connections were important depending upon the personal characteristics of participants (Table 16). Here again there are significant differences between women and men. On most community characteristics, women's ratings are higher than those of men. Only on the more physical elements of community which is where to go for services, and the social element of making new friends are there no gender differences. One is left with a sense that women are more strongly connected than men, particularly to the social elements of their communities. Marital status was not strongly associated with how people rated the important features of their communities. The exception was that those who were married or who were widowed rated having a place of worship in their community as more important. It may be that those who were unmarried have chosen less conventional methods to stay connected in their community. Age was important in only one characteristic. Younger participants were more likely to indicate that knowing where to go for services in the community is of greater importance than for those who were older. This may reflect their greater sense of agency in choosing and linking with services of all types than among those who are older. Finally, making new friends was more important to those with long-term health problems. This rating may represent the social isolation that often accompanies long-term health problems.

Table 16. Community features: Participants' ratings by personal characteristics

Community Feature	Personal Characteristics of Participants (Average Ratings)			
	Gender	Marital status	Age	Long-term health problem
Having old friends	W= 4.3* M = 4.1	Mar = 4.2 Wid = 4.2 NMar = 4.2	YO = 4.2 MO = 4.2 OO = 4.1	No = 4.2 Yes = 4.2
Making new friends	W = 3.5 M = 3.4	Mar = 3.5 Wid = 3.4 NMar = 3.4	YO = 3.5 MO = 3.4 OO = 3.4	No = 3.5* Yes = 3.4
Knowing people in your neighbourhood	W = 4.1** M = 3.9	Mar = 4.0 Wid = 4.0 NMar = 3.9	YO = 4.1 MO = 3.9 OO = 3.9	No = 4.0 Yes = 4.0
Knowing where to go for services in your community	W = 4.4 M = 4.3	Mar = 4.4 Wid = 4.3 NMar = 4.3	YO = 4.4* MO = 4.3 OO = 4.2	No = 4.4 Yes = 4.3
Having lived in your community for a long time	W = 4.2*** M = 3.9	Mar = 4.1 Wid = 4.1 NMar = 4.0	YO = 4.0 MO = 4.1 OO = 4.2	No = 4.1 Yes = 4.0
Having a place of worship	W = 4.1*** M = 3.5	Mar = 3.9*** Wid = 3.9 NMar =3.1	YO = 3.8 MO = 3.8 OO = 3.7	No = 3.9 Yes = 3.8

Gender: W = Women, M = Men
Marital Status: Mar = Married, Wid = Widowed, and NMar = Not Married
Age: YO =65 to 74, MO= 75 to 84, OO = 85+
* = $p \leq .05$, ** = $p \leq .01$, *** = $p \leq .001$

To attempt to tease out possible differences in people's views of the physical and social characteristics of their communities, we looked at whether personal characteristics of participants distinguished among them. Results of these analyses (Table 17) show that women are more likely than men to rate social elements of their communities as important determinants of whether the community is a good place to grow old. Social features of communities comprise items such as having friends and family close by. Gender differences strongly support a longstanding theme of women being the kin keepers and social connectors to others.

Age is the only significant predictor of the importance of physical aspects of community. Physical features include the physical landscape of the community, its affordability and cleanliness. One might have expected that older residents would find these features more important since they may have fewer personal resources with which to deal with possible negative aspects of their physical settings. However, it may be that younger residents spend more time in the community as opposed to their home environment and thus, have higher expectations of the physical setting. They also may have more opportunities to choose to locate to another setting if aspects of their current community aren't attractive to them.

Table 17: Social and physical characteristics of communities by personal characteristics
(standardized beta weights and level of significance)

Community feature	Personal Characteristics of Participants			
	Gender	Marital status	Age	Long-term health problem
Social aspects of community	.14***	-.00	-.03	-.04
Physical aspects of community	.03	-.02	-.08**	-.02

Gender: 1 = Men, 2= Women
Marital Status: 1 = Married, 2 = Widowed, 3 = Not Married
Age: 1 = 65 to 74, 2 = 75 to 84, 3 = 85+
Long-term Health: 0 = No, 1 = Yes
** = p < .01 *** = P < .001

    Finally, important differences in participants' evaluation of various elements of their communities may be reflected in their satisfaction with where they lived. All were asked a global question of their overall rating of their community as a good place to grow old. Ratings ranged from fair or poor (8%), good (19%), very good (36%), to excellent (37%). This suggests that although a large proportion of participants are happy with their current surroundings there is diversity in their satisfaction with their communities.

6.   Discussion

What have we learned about communities as good places to grow old? As expected, we have found that the rural communities as 'good places/bad places' dichotomy is a great oversimplification. Rural seniors differ considerably in their access to social support and in the services that are available to them in their communities. Further, their views of their communities as good places to grow old don't map directly onto these differences. Yet if there was any overall conclusion from this study, it is that rural seniors generally are quite accepting of their communities – warts and all. In this final section of the report, we discuss some of the themes that have emerged from our exploration of seniors' views of their social, service, and community environments. We highlight areas in which findings might inform practice with the diversity of seniors in rural Canada and note areas in which policy development might be warranted.

Perhaps the most startling finding from our examination of seniors' social and support networks is the difference between the two network types. All respondents had social networks, with the vast majority having 5-13 people in these networks. Social networks were mixed in terms of the gender, age, relationship, and proximity of network members. Rural seniors do seem to be surrounded by family members and friends. This finding supports the assumption that rural communities are 'tight-knit', with seniors having connections to many other community members.

Having said this, there is a gap between having people around you and having people who are helpful in everyday exchanges of support. The smaller, more homogeneous support networks clearly are subsets of social networks. One cannot assume that the presence of people in a network equates to support. In fact, some participants reported receiving no support from anyone, with a substantial minority reporting networks of just 1 or 2 people. In addition to being smaller in size, support networks were more homogeneous in composition, suggesting that a narrow range of support may be available from these networks.

Is there an implied problem in these findings? One interpretation of the findings is that rural seniors receive much less support from family, neighbours, and friends than was previously thought. The everyday exchanges thought to be typical of small, close-knit rural communities are not in evidence here. Fewer than half of participants reported receiving any of the day-to-day tasks normally exchanged by family, friends, and neighbours. If this is the case, then those in the voluntary and formal sectors must have strategies to monitor those who are at risk of isolation or encourage them to become more engaged if they wish to do so. As well, small support networks may lack the diversity of knowledge and skill useful in linking seniors to broader resources. Current cohorts of seniors over age 75 are not high users of the internet, a resource seen as very important in linking people to information and resources.

Yet it also seems likely that more everyday support is being exchanged than people have reported, especially among those who are married. Spouses are often unrecognized as providers of support, and the symbiotic nature of marital relationships means that the exchange of support likely is ongoing. The dissonance between apparently low levels of support and high levels of support adequacy may be explained in part by this phenomenon of the invisible spouse. VAC has recognized the contributions of spouses to the care of their clients through extension of its VIP program to them. There may be a place for similar input to spouses of clients with small support networks to help couples retain their connections to their broader networks.

Overall, participants appear generally happy with their connections to and exchanges with others as shown by their fairly high ratings on the perceived adequacy of support they receive. Despite this, only a minority reported receiving support on most of the tasks about which we enquired. It may be that expectations of such exchanges are low, or that everyday exchanges go unnoticed. However, stoicism should not necessarily be viewed as an indication that no intervention is warranted. Those without support networks are a case in point. Our focus in this report was on support – the day-to-day interactions that help older adults in rural Canada live their lives, maintain their social contact, and remain in their homes. However, half of these older adults report chronic health problems that may require higher levels of support; and half of these seniors say that their health problems affected their community involvement. There is potential here for slow, quiet, evolution toward social isolation. Small support networks likely are harbingers of even smaller care networks. VAC may wish to consider how to monitor for isolation of people who do not necessarily have care needs and develop strategies for enhancing support before care crises arise. Local Legion branches may be excellent partners in making links between the community and older veterans.

We also have learned much about the service environment and seniors' access to the everyday services that are important in their lives. In some ways communities can be seen as rich in services. Most have post offices, grocery stores, banks, and pharmacies, all of which are important to residents' everyday lives, as these services are most frequently used. Yet between 30% and 40% of participants lacked services such as physicians, pharmacy, and dentists, and most lived in communities with no hospital. Rural communities are better equipped with some everyday services than others, especially health-related services. These communities may be good places to grow old for those who are healthy, but may be unsupportive for those with long-term health problems or disabilities.

Here too level of satisfaction with services belies their unavailability. Some 80% of participants were satisfied with the adequacy of the services in their area. Why are people satisfied despite apparent gaps in services? The discrepancy may in part be explained by expectations of seniors themselves. Those who have lived all their lives in rural communities may have learned to be resourceful about ways in which to meet their needs. For them, a modest level of services may be seen as adequate. For younger participants and those who drive, services outside of the physical boundaries of their rural communities may still be seen as accessible. Older residents and those with chronic health problems are more dependent upon local services. It is this group of people that is at risk of having to leave their community if basic and health services are not close by. Knowing where to go for services was the most highly rated community characteristic. Local knowledge can be gained by informal community connections. Programs such as the Canadian Seniors Partnership might turn their attention to providing the Collaborative Seniors Portal Network in rural communities where information on regional programs could be especially useful to seniors and their families.

Transportation also may help to explain the apparent discrepancy between service availability and satisfaction. Driving enables people to gain access to services that may not be within their community. This is particularly important for rural residents for whom services are at a distance. Almost all of the men in this study and about three-quarters of the women did drive. Even among those who did not drive, most were able to manage shopping and appointments, presumably with the assistance of others. This suggests the importance of supporting the medical, necessary, and social transportation needs of clients in rural areas who do not drive through the Veterans Independence Program. The final possibility is that people for whom services are not adequate leave small communities to move into larger centres that have the amenities they require. Further exploration of migration patterns of older adults out of rural

areas might help us better understand the basic set of services necessary to support seniors in these areas. While we have been particularly focused on health services, it is important not to lose track of the importance of core services necessary for daily living.

Finally, we need to look beyond these two areas of people and services to get a broader sense of what keeps people connected to their communities. The section of our report in which we asked people about important features of their communities provides us with some insight about the gestalt. Our findings showed that both social and physical aspects of communities are important to older adults. Here we begin to see some themes that differentiate groups of people on which of these community elements are more important.

Despite limitations both in services and social support, most participants in this study thought that their communities had characteristics that have been associated with senior-friendly places: older, supportive residents, close to services, and having a stable population. Neither physical nor social aspects of communities were rated as more important than the other. In fact, participants rated knowing where to go for services and having old friends as the top most important features of their communities.

When we developed this survey, we purposefully sampled equal proportions of women and men as well as older and younger seniors. We expected that there would be patterns of differences by age and gender in support, in views of services, and in beliefs about the importance of their communities. Women do differ from men in their views about the importance of social and physical aspects of their communities. They rate social aspects of their communities as more important than do men. Women appear to be more aware of their communities, and perhaps more linked to them, especially to the people. Yet women and men did not differ in any key personal characteristics: life satisfaction, perceived health status, or long-term health problems. While we have long known that women tend to focus on social linkages more than do men, this knowledge may not have translated into practice. For example, it might be particularly important to find ways to connect women who don't drive to their social networks.

We also expected patterns of difference by age, especially in beliefs about the importance of various community features that might be supportive. Age was important in participants' beliefs about the physical elements of community. Younger seniors rated physical aspects of their communities more highly than did those in older age groups. Is this because the boundaries of the worlds of the very old are much narrower, focused on their near environment and close family and friends? Or is it because younger seniors are more likely to drive, have opportunities to connect to services and to the broader physical environment in which their community is set? There's more to be learned about the physical setting in rural communities and how it shapes the lives of the very old.

In all, about three-quarters of participants rated their communities as very good places to grow old. Among these are people who have good access to services and those who do not; those who have active support networks and those that have few close relationships. It's clear as well that support does not substitute for services. Both are important, but in different ways to women and men, younger and older seniors.

In sum, this survey confirmed the diversity of rural seniors in their networks of support, access to services, and satisfaction with their communities as places to grow old. High levels of satisfaction may mask areas in which rural residents are poorly served or at risk of isolation. Some support networks may not have the breadth of resources necessary to link seniors to

other networks and resources. Targeted interventions to support these networks may reduce risk of isolation. On the services side, younger seniors may thrive despite lack of proximate services as long as they have the skills and financial capabilities to gain access to them. For older seniors, access to both everyday and health services may be critical to their tenure in communities.

In the final phase of this program of research we will address some of these issues. Case studies in three communities will focus on who are the different groups of seniors, what they view as supportive, and what policies and programs might assist these different types of seniors.

7.   References

Aartsen, M. J., van Tilburg, T., Smits, C. H. M., & Knipscheer, K. C. P. M. (2004). A longitudinal study of the impact of physical and cognitive decline on the personal network in old age. *Journal of Social and Personal Relationships, 21*(2), 249-266.

Academy for Educational Development, & American Society on Aging. (2003). *Community conversations survey*. Washington, DC: Authors.

Auchincloss, A. H., Van Nostrand, J. F., & Ronsaville, D. (2001). Access to health care for older persons in the United States: Personal, structural, and neighbourhood characteristics. *Journal of Aging and Health, 13*(3), 329-354.

Barker, J. C., Morrow, J., & Mitteness, L. S. (1998). Gender, informal social support networks, and elderly urban African Americans. *Journal of Aging Studies, 12*(2), 199-222.

Brown, D. L. (2002). Migration and community: Social networks in a multilevel world. *Rural Sociology, 67*(1), 1-23.

Campbell, L. D., Connidis, I. A., & Davies, L. (1999). Sibling ties in later life: A social network analysis. *Journal of Family Issues, 20*(1), 114-148.

Canadian Rural Partnership. (1998). *Rural Canadians speak out: Summary of rural dialogue input for the National Rural Workshop*. Ottawa, ON: Government of Canada.

Dobbs, B.M (1999). Self-Perceptions of Competence as Determiners of Driving Pattern. (Doctoral Dissertation, University of Alberta, 1999). *Dissertation Abstracts International, 61*/03, 1115.

Dobbs, B.M. & Dobbs, A.R. (1996, September-October). *The psychological, social, and economic consequences of de-licensing the older driver*. Invited paper presented at the mid-year meeting of the Driver Program Subcommittee of the National Research Council's Transportation Research Board Committee on the Safety and Mobility of Older Drivers, Washington.

Dobbs, B.M., & Dobbs, A.R. (1997, October). *Forced driving cessation: Predictors of non-compliance*. Paper presented at the Canadian Association on Gerontology annual conference, Calgary, AB.

Fast, J., Keating, N., Otfinowski, P., & Derksen, L. (2004). Characteristics of family/friend care networks of frail seniors. *Canadian Journal on Aging, 32*(1), 5-19.

Fernández-Ballesteros, R. (2002). Social support and quality of life among older people in Spain. *Journal of Social Issues, 58*, 645-659.

Field, E. M., Walker, M. H., & Orrell, M. W. (2002). Social networks and health of older people living in sheltered housing. *Aging and Mental Health, 6*(4), 372-386.

Fung, H. H., Carstensen, L. L., & Lang, F. R. (2001). Age-related patterns in social networks among European Americans and African Americans: Implications for socioemotional selectivity across the life span. *International Journal of Aging and Human Development, 52*(3), 185-206.

Glasgow, N. (2000). Transportation transitions and social integration of nonmetropolitan older persons. In K. Pillemer, P. Moen, E. Wethington, & N. Glasgow (Eds.), *Social integration in the second half of life* (pp. 108-131). Baltimore, MD: Johns Hopkins University.

Glendinning, A., Nuttall, M., Hendry, L., Kloep, M., & Wood, S. (2003). Rural communities and well-being: A good place to grow up? *Sociological Review, 51*(1), 129-156.

Gracia, E., & Herrero, J. (2004). Determinants of social integration in the community: An exploratory analysis of personal, interpersonal, and situational variables. *Journal of Community and Applied Social Psychology, 14*(1), 1-15.

Halseth, G. (2003). *Rural services: Assessing change as part of rural capacity analysis*. Presentation to Canadian Rural Revitalization Foundation Fall Workshop, Quebec, PQ.

Havens, B., Donovan, C., & Hollander, M. (2001). *Policies that have positive or negative impacts on informal care in Canada*. Presentation to the International Association of Gerontology, Vancouver, BC.

Hodge, G. (1987). Assisted housing for Ontario's rural elderly: Shortfalls in product and location. *Canadian Journal on Aging, 6*(2), 141-154.

Joseph, A., & Martin Matthews, A. (1993). Growing old in aging communities. *Journal of Canadian Studies, 28*(1), 14-29.

Keating, N., Keefe, J., & Dobbs, B. (2001). A good place to grow old? Rural communities and support to seniors. In R. Epp & D. Whitson (Eds.), *Writing off the rural west: Globalization, governments and the transformation of rural communities* (pp. 263-277). Edmonton, AB: University of Alberta.

Keating, N., Otfinowski, P., Wenger, C., Fast, J., & Derksen, L. (2003). Understanding the caring capacity of informal networks of frail seniors: A case for care networks. *Ageing and Society, 23*, 115-127.

Keating, N., Swindle, J., & Foster, D. (2004). *The role of social capital in aging well*. (Final report to the Policy Research Initiative). Edmonton: Author.

Keefe, J., Fancey, P., Keating, N., Frederick, J., Eales, J., & Dobbs, B. (2004). *Caring contexts of rural seniors: Phase I technical report*. (Final report to Veterans Affairs Canada). Edmonton: Authors.

Kim, H., Hisata, M., Kai, I., & Lee, S. (2000). Social support exchange and quality of life among the Korean elderly. *Journal of Cross-Cultural Gerontology, 15*, 331-347.

Klein Ikkink, K., van Tilburg, T., & Knipscheer, K. C. P. M. (1999). Perceived instrumental support exchanges in relationships between elderly parents and their adult children: Normative and structural explanations. *Journal of Marriage and the Family, 61*, 831-844.

Landau, R., & Litwin, H. (2001). Subjective well-being among the old-old: The role of health, personality and social support. *International Journal of Aging and Human Development, 52*, 265-280.

Lawrence, A. R., & Schigelone, A. R. S. (2002). Reciprocity beyond dyadic relationships: Aging-related communal coping. *Research on Aging, 24*(6), 684-704.

Lin, S. (2004). Access to community pharmacies by the elderly in Illinois: A geographic information systems analysis. *Journal of Medical Systems, 28*(3), 301-309.

Litwin, H. (1999). Formal and informal network factors as sources of morale in a senior center population. *International Journal of Aging and Human Development, 48*(3), 241-256.

Litwin, H. (2003). Social predictors of physical activity in later life: The contribution of social-network type. *Journal of Aging and Physical Activity, 11*, 389-406.

Martire, L. M., Schulz, R., Mittelmark, M. B., & Newsom, J. T. (1999). Stability and change in older adults' social contact and social support: The cardiovascular health study. *Journal of Gerontology: Social Sciences, 54B*(5), S302-S311.

Melkas, T., & Jylhä, M. (1996). Social network characteristics and social network types among elderly people in Finland. In H. Litwin (Ed.), *The social networks of older people: A cross-national analysis* (pp. 99-116). Westport, CN: Praeger.

Ministerial Advisory Council on Rural Health . (2002). *Rural health in rural hands: Strategic directions for rural, remote, Northern and Aboriginal communities*. Ottawa: Health Canada.

Nocon, A., & Pearson, M. (2000). The roles of friends and neighbours in providing support for older people. *Ageing and Society, 20*, 341-367.

Phillipson, C., Ahmed, N. R., & Latimer, J. (2003). *Women in transition: A study of the experiences of Bangladeshi women living in Tower Hamlets*. Bristol, UK: Open University.

Raphael, D., Brown, I., Renwick, R., Cava, M., Weir, N., & Heathcote, K. (1995). The quality of life of seniors living in the community: A conceptualization with implications for public health practice. *Canadian Journal of Public Health, 86*(4), 228-233.

Reimer, B. (1997). Informal social networks and voluntary associations in non-metropolitan Canada. In R. C. Rounds (Ed,), *Changing rural institutions* (pp. 89-104). Brandon, MB: Canadian Rural Restructuring Foundation.

Reimer, B. (2004). Social exclusion in a comparative context. *Sociologia Ruralis, 44*(1), 76-94.

Reinhardt, J. P., Boerner, K., & Benn, D. (2003). Predicting individual change in support over time among chronically impaired older adults. *Psychology and Aging, 18*(4), 770-779.

Rowles, G. D. (1988). What's rural about rural aging? An Appalachian perspective. *Journal of Rural Studies, 4*(2), 115-124.

Saguaro Seminar. (2001). *The social capital community benchmark survey*. Cambridge, MA: Kennedy School of Government, Harvard University.

Schoenberg, N. E., & Coward, R. T. (1998). Residential differences in attitudes about barriers to using community-based services among older adults. *Journal of Rural Health, 14*, 295-304.

Smith, A., Phillipson, C., & Scharf, T. (2002). *Social capital: Concepts, measures and findings from urban areas*. (Centre for Social Gerontology Working Paper No. 9). Staffordshire, UK: Keele University, School of Social Relations.

Statistics Canada. (1998). *Survey of giving, volunteering and participating*. Ottawa: Author.

Statistics Canada. (2001a). *Canadian census of the population*. Ottawa: Author.

Statistics Canada. (2001b). *Participation and activity limitation survey*. Ottawa: Author.

Statistics Canada. (2002). *General Social Survey: Social support and aging*. Ottawa: Author.

Statistics Canada. (2003a). *Canadian community health survey*. Ottawa: Author.

Statistics Canada. (2003b). *General Social Survey: Social engagement*. Ottawa: Author.

Stoller, M. A., & Stoller, E. P. (2003). Perceived income adequacy among elderly retirees. *Journal of Applied Gerontology, 22*(2), 230-251.

Tijhuis, M. A. R., Flap, H. D., Foets, M., & Groenewegen, P. P. (1998). Selection in the social network: Effects of chronic diseases. *European Journal of Public Health, 8*(4), 286-293.

Uhlenberg, P., & de Jong, J. G. (2004). Age-segregation in later life: An examination of personal networks. *Ageing and Society, 24*, 5-28.

van Tilburg, T. (1998). Losing and gaining in old age: Changes in personal network size and social support in a four-year longitudinal study. *Journal of Gerontology: Social Sciences, 53B*(6), S313-S323.

van Tilburg, T., & van Groenou, M. B. (2002). Network and health changes among older Dutch adults. *Journal of Social Issues, 58*, 697-713.

Wenger, G. C. (1996). Support network measurement and typology development in England and Wales. In H. Litwin (Ed.), *The social networks of older people: A cross-national analysis* (pp. 117-141). Westport: Praeger.

Wenger, G. C. (1997). Review of findings on support networks of older Europeans. *Journal of Cross-Cultural Gerontology, 12*, 1-21.

Wenger, G. C. (2001). Myths and realities of ageing in rural Britain. *Ageing and Society, 21*, 117-130.

Zunzunegui, M. V., Koné, A., Johri, M., Béland, F., Wolfson, C., & Bergman, H. (2004). Social networks and self-rated health in two French-speaking Canadian community dwelling populations over 65. *Social Science and Medicine, 58*, 2069-2081.

8.   Appendix A: Survey Instrument

INTRO

Hello my name is [interviewer]. I'm calling (long distance) from the University of Alberta.

I have dialed XXX-XXXX, is that correct? The Royal Canadian Legion has identified your household as belonging to a rural community in Canada.

[Optional Read: 'The Royal Canadian Legion provided your contact information to researchers in order to conduct this study. You may have seen advertisement in the Legion's monthly newsletter regarding this study.']

INTRO2

In cooperation with the Royal Canadian Legion, we are interested in learning how supportive rural communities are towards seniors. This information will help us understand whether rural Canada is a good place to grow old, and make recommendations to Veterans Affairs Canada on programs to better support the needs of rural seniors and their families.

> PRESS '1' TO CONTINUE

NUMMEN

To ensure that we speak to a good cross section of seniors in Canada, may I ask how many men age 65 and over live at this number?

> __Number of Men
>
> -1   No Response

NUMWOM

And the number of women age 65 and over?

> __Number of Women
>
> -1   No Response

[INTERVIEWER NOTE: SELECT A HOUSEHOLD RESPONDENT ACCORDING TO THE STANDARDIZED RESPONDENT SELECTION GUIDELINES.TARGET THE MOST DIFFICULT POPULATION FIRST. FOR EXAMPLE, IF THERE IS A MALE 75+ IN THE HOUSEHOLD, AND A FEMALE AGE 65-74, INTERVIEW THE OLDER MALE. PROBE WITH AGE CATEGORIES TO DETERMINE THE HOUSEHOLD COMPOSITION OF SENIORS.]

 (OPTIONAL: WE DON'T ALWAYS SPEAK TO THE PERSON WHO ANSWERS THE
 PHONE. MAY I SPEAK TO THE MALE/FEMALE WHO IS 65-74/75+?)

[REPEAT INTRO IF NECESSARY.]

INTRO3
We are interested in your experiences and opinions. It will take up to 30 minutes to answer the questions. Is this a good time to talk with you?

> 1   Yes [proceed]
>
> No... Ask if there is a more convenient time schedule callback - Ctrl end select appropriate disposition

age
May I ask which age group you belong to. Are you...

> 1   65-74
> 2   75 and older

Sex
Code sex of respondent (Don't Ask)

> 1   Male
> 2   Female

FOIPP
We would like you to know that this phone interview is completely voluntary. Also, if there are any questions you do not want to answer, you are free not to answer those questions. You can end the phone call at any time. There are no right or wrong answers to any of the questions. We are most interested in your experience and thoughts on living in a rural community .The information you share will be kept confidential and used only for research purposes. The information is protected under the Alberta Freedom of Information and Protection of Privacy Act. If you mention any names during the course of the interview, we want you to know that those names will not be used in any report or presentation about the study. If you have any questions, you may call Lisa Barrett, Research Coordinator (collect at 780-492-4659 ext. 231).

> Press "1" to continue

[INTERVIEWER NOTE: START TIMING NOW]

Commx
The next questions are about the community in which you live. I am interested in how long you have lived in this place, and how close your neighbours live to you. I also am interested in the stores and services that are available in your community, and how you get around your community.

Our records show that you live in:

> Is this correct?

> 1   Yes (GO TO COMPOP)
> 2   No (Specify community name)

COMX
What is the correct community name?

Compop
What is the population of your community?

(If respondent is unsure, ask them to give an approximate)

       0   No Response
      -2   Don't know

C3
How long have you lived in [specify number of years]

       0   No Response
      -2   Don't Know

  [INTERVIEWER NOTE: IF ANSWER IS MORE THAN 5 YEARS, GO TO C7.]

C4
Where did you live before you moved here?

      1   lived in a different city/town/village within the same province
      2   lived in a different province
      3   lived outside Canada

      8   Don't Know
      0   No Response

C5
c) How far is your current place from your old community? Is it..

      1   30 minutes or less by car
      2   More than 30 minutes,but less than 1 hour)
      3   More than one hour,but less than 2 hours)
      4   Less than a half-days journey one way by land travel
      5   More than a half-days journey one way by land travel

      8   Don't Know
      0   No Response

C6
What was the main reason for your last move?

1   To be closer to family?
2   To be closer to services and amenities?
3   To live in a place that is more attractive
4   To live in a place that has a better climate?
5   Because I/my spouse retired
6   To return to my roots/birthplace?
7   Other

8   Don't Know
0   No Response

C7
Where does your nearest neighbour live?

   Is he/she:

1   In the same building (i.e. apartment)
2   Right next door (i.e. you can see their house from yours)
3   Within a ten minute drive
4   Over ten minutes but within a half hour drive
5   Over a half hour but within an hour drive
6   Over an hour drive

8   Don't Know
0   No Response

CH1
The next questions are about your community.

Does your community have a grocery store?

1   Yes
2   No (GO TO CH2)

0   No Response (GO TO CH2)

CU1
How often do you use it? (READ)

0   Never
1   Occasionally
2   Regularly

-1   No Response

CH2
Does your community have a shoe store?

1   Yes
2   No (GO TO CH3)

0   No Response (GO TO CH3)

CU2
How often do you use it? (READ)

0   Never
1   Occasionally
2   Regularly

-1   No Response

CH3
Does your community have a clothing store?

1 Yes
2 No (GO TO CH4)

0 No Response (GO TO CH4)

CU3
How often do you use it? (READ)

0 Never
1 Occasionally
2 Regularly

-1 No Response

CH4
Does your community have a hairdresser?

1 Yes
2 No (GO TO CH5)

0 No Response (GO TO CH5)

CU4
How often do you use it? (READ)

0 Never
1 Occasionally
2 Regularly

-1 No Response

CH5
Does your community have a hardware store?

1 Yes
2 No (GO TO CH6)

0 No Response (GO TO CH6)

CU5
How often do you use it? (READ)

0 Never
1 Occasionally
2 Regularly

-1 No Response

CH6
Does your community have a bank?

1 Yes
2 No (GO TO CH7)

0 No Response (GO TO CH7)

CU6
How often do you use it? (READ)

0 Never
1 Occasionally
2 Regularly

-1 No Response

CH7
Does your community have a post office?

1 Yes
2 No (GO TO CH8)

0 No Response (GO TO CH8)

CU7
How often do you use it? (READ)

0 Never
1 Occasionally
2 Regularly

-1 No Response

CH8
Does your community have a church?

 1 Yes
 2 No (GO TO CH9)

 0 No Response (GO TO CH9)

CU8
How often do you use it? (READ)

 0 Never
 1 Occasionally
 2 Regularly

 -1 No Response

CH9
Does your community have a dentist?

 1 Yes
 2 No (GO TO CH10)

 0 No Response (GO TO CH10)

CU9
How often do you use it? (READ)

 0 Never
 1 Occasionally
 2 Regularly

 -1 No Response

CH10
Does your community have a pharmacy?

 1 Yes
 2 No (GO TO CH11)

 0 No Response (GO TO CH11)

CU10
How often do you use it? (READ)

 0 Never
 1 Occasionally
 2 Regularly

 -1 No Response

CH11
Does your community have a doctor?

1 Yes
2 No (GO TO CH12)

0 No Response (GO TO CH12)

CU11
How often do you use it? (READ)

0 Never
1 Occasionally
2 Regularly

-1 No Response

CH12
Does your community have a hospital?

1 Yes
2 No (GO TO CH13)

0 No Response (GO TO CH13)

CU12
How often do you use it? (READ)

0 Never
1 Occasionally
2 Regularly

-1 No Response

CH13
Does your community have a nursing home/lodge?

1 Yes
2 No (GO TO CH14)

0 No Response (GO TO CH14)

CU13
How often do you use it? (READ)

0 Never
1 Occasionally
2 Regularly

-1 No Response

CH14
Does your community have a community centre?

1 Yes
2 No (GO TO CH15)

0 No Response (GO TO CH15)

CU14
How often do you use it? (READ)

0 Never
1 Occasionally
2 Regularly

-1 No Response

CH15
Does your community have a seniors centre?

1 Yes
2 No (GO TO CH16)

0 No Response (GO TO CH16)

CU15
How often do you use it? (READ)

0 Never
1 Occasionally
2 Regularly

-1 No Response

CH16
Does your community have a Royal Canadian Legion Branch?

1 Yes
2 No (GO TO CH17)

0 No Response (GO TO CH17)

CU16
How often do you use it? (READ)

0 Never
1 Occasionally
2 Regularly

-1 No Response

CH17
Does your community have access to high-speed internet?

 1 Yes
 2 No (GO TO CHUSAT1)

 0 No Response (GO TO CHUSAT1)

CU17
How often do you use it? (READ)

 0 Never
 1 Occasionally
 2 Regularly

-1 No Response

CHUSAT1
In general, how satisfied are you with the adequacy of stores available in your community?
(READ)

1	Very dissatisfied
2	Fairly dissatisfied
3	Neither satisfied nor dissatisfied
4	Fairly satisfied
5	Very satisfied
8	Don't Know
0	No Response

CHUSAT2
In general, how satisfied are you with the adequacy of services available in your community?
(Probe with categories if necessary)

1	Very dissatisfied
2	Fairly dissatisfied
3	Neither satisfied nor dissatisfied
4	Fairly satisfied
5	Very satisfied
8	Don't Know
0	No Response

T1
Now I would like to ask you some questions about how you get around your community.

    a) Do you have a valid driver's license?

          1   Yes
          2   No

          8   Don't Know
          0   No Response

T2
b) Do you drive?

          1   Yes (GO TO T6)
          2   No

          8   Don't Know
          0   No Response

T3
How do you usually get around your community?

          1   I walk
          2   I am driven by family and/or friends
          3   I use taxicabs
          4   I use shuttle buses or van services
          5   I use public transportation

          8   Don't Know
          0   No Response

T4
Looking back over the past 12 months, how often has not driving affected how you socialize with others, like visiting friends and family?

          1   Never
          2   Rarely
          3   Some of the time
          4   Most of the time
          5   All of the time

          8   Don't Know
          0   No Response

T5
Looking back over the past 12 months, how often has not driving affected your ability to do things like grocery shopping or getting to appointments?

1	Never
2	Rarely
3	Some of the time
4	Most of the time
5	All of the time
8	Don't Know
0	No Response

[INTERVIEWER NOTE, CATI WILL AUTOMATICALLY SKIP YOU TO T10]

T6
In an average week, how frequently do you drive? Would you say...

1	Not at all
2	One or two days per week
3	Three to four days per week
4	Five or six days per week
5	Every day
8	Don't Know
0	No Response

T7
Do you drive less frequently:
  in the winter months (November to March) as compared to summer?

1	Yes
2	No
8	Don't Know
0	No Response

T8
Do you drive less frequently:

When it is raining/snowing compared to when it is nice?

1	Yes
2	No
8	Don't Know
0	No Response

T9

Do you drive less frequently:

At night compared to day time?

    1   Yes
    2   No

    8   Don't Know
    0   No Response

T10
Do you drive less now compared to five years ago?

    1   Yes
    2   No (GO TO 12)

    8   Don't Know
    0   No Response

T11
Do you drive less because:

    1   Of a decline in your health?
    2   Of a decline in your vision?
    3   You do not feel as confident driving as you used to?
    4   You do not have the need to drive as much?

    8   Don't Know
    0   No Response

T12
Other than driving, how would you rate the overall transportation options in your community, such as public transportation, shuttle services, and taxicabs?

    1   Very poor
    2   Poor
    3   Fair
    4   Good
    5   Excellent

    8   Don't Know
    0   No Response

K1
The next questions are about family members who may or may not live with you. Think about your spouse, children, step-children, children-in-law, brothers and sisters, and parents if they are still living. Do you have any of these family members?

> 1   Yes   GO TO <K1N>
> 2   No Skip to F1

if (rostnum > 1) show "Do you have any other relatives?" 5 20

[PLEASE NOTE THAT RESPONDENTS WILL BE ROSTERED THROUGH THIS SERIES OF QUESTIONS FOR UP TO 20 RELATIVES. IF THEY HAVE 20 RELATIVES, THEN THE VARIABLE NAME FOR THE 20TH RELATIVE WILL BE K20N.]

K1N
Please tell me about this relative. I would like to know how you are related, whether they are male or female, how old they are, and how far away from you they live.

First name of relative :

K1R
Please tell me about this next relative. I would like to know how you are related, whether they are male or female, how old they are, and how far away from you they live.

Relative name is:

And their relationship to you is:

1 Spouse/Common-law partner	13 Father-in-law of Respondent
2 Ex-spouse/Ex-partner of respondent	14 Mother-in-law of Respondent
3 Son/Stepson of Respondent	15 Brother-in-law of Respondent
4 Daughter/Stepdaughter of Respondent	16 Sister-in-law of Respondent
5 Father of Respondent	17 Nephew of Respondent
6 Mother of Respondent	18 Niece of Respondent
7 Brother of Respondent	19 Uncle of Respondent
8 Sister of Respondent	20 Aunt of Respondent
9 Grandson of Respondent	21 Cousin of Respondent
10 Granddaughter of Respondent	22 Same sex partner of Respondent
11 Son-in-law of Respondent	23 Other kin relationship -specify
12 Daughter-in-law of Respondent	

K1G
And they are:

> 1   Male
> 2   Female

K1A
And they are how old?

-1   No Response
-2   Don't Know

K1P
Where do they live? (READ)

1   In the same household as you
2   In the same building as you
3   In the same neighbourhood or community as you
           (30 minutes or less by foot or bus)
4   In the surrounding area to your neighbourhood or community
           (less than an hour by car)
5   Less than a half day's journey by land travel
6   More than a half day's journey by land travel

8   Don't Know
0   No Response

F1
I am now going to ask you questions about your CLOSE friends. By close friends, I mean people who are not your relatives but who you feel at ease with or can talk to about what is on your mind, and who you talk with on a regular basis. Do you have any close friends?

1   Yes   GO TO <FIN>
2   No   SKIP TO <P1>

[IF ROSTNUM GREATER THAN 1 ASK:]
Do you have any other close friends?

1   Yes   GO TO <FIN>
2   No   SKIP TO <P1>

[PLEASE NOTE THAT RESPONDENTS WILL BE ROSTERED THROUGH THIS SERIES OF QUESTIONS FOR UP TO 15 FRIENDS. IF THEY HAVE 15 FRIENDS THEN THE VARIABLE NAME FOR THE 15TH FRIENE WILL BE F15N.]

F1N
[Please tell me about them. I would like to know whether they are male or female, how old they are, and where they live. Remember to include friends who may live with you.]

Please tell me about this next close friend.

First name of close friend :

F1G
Are they?

        1   Male
        2   Female

F1A
And how old are they?   [specify years].

        -1   Don't Know
        0   No Response

F1P
Where do they live?

        1   In the same household as you
        2   In the same building as you
        3   In the same neighbourhood or community as you
                     (30 minutes or less by foot or bus)
        4   In the surrounding area to your neighbourhood or community
                     (less than an hour by car)
        5   Less than a half day's journey by land travel
        6   More than a half day's journey by land travel

        8   Don't Know
        0   No Response

P1
I want to know about your participation in community groups. Think of all the community groups that you are currently a member of or a volunteer with. Include church groups, service clubs, recreation teams, interest or hobby groups, or any other community group that you participate in.

a) In the past 12 months, have you participated in any community groups?

        1   Yes
        2   No (GO TO P4)

P2
b) In the past 12 months, how many community groups have you participated in? (Record number)

        -1   No Response (GO TO P4)
        -2   Don't Know   (GO TO P4)

P3
c) In the past 12 months, how often have you participated in community groups overall? Is it
(READ)

        1   Once a year or less
        2   Several times a year
        3   Monthly
        4   Weekly
        5   Daily

        8   Don't Know
        0   No Response

P4
Compared to 5 years ago, would you say your participation in community groups in this
community has:

        1   Decreased a lot   GO TO <P5>
        2   Decreased a little   GO TO <P5>
        3   Stayed the same   SKIP TO <SPINTRO>
        4   Increased a little   GO TO <P5>
        5   Increased a lot   GO TO <P5>

P5
Why did your participation change? Was it because of a change in (READ):

        1   Your health
        2   Your interests
        3   The membership of the group
        4   Membership costs/fees
        5   Access to transportation
        6   Having someone to go with
        7   Other

        8   Don't Know
        0   No Response

SPINTRO
Seniors often lend a hand to other people. I want to know about the things you do for others.
Think about the things you do for people in your household, other family members, friends, and
neighbours in your community. As well, include the volunteer work that you may do with
organizations in your community. Any names that you say will be kept confidential.

      Press "1" to continue

SP1
In the past month have you prepared meals for anyone, dropped off homemade food, or invited anyone to dinner?

             1   Yes   GO TO <SP1N>
             2   No   (GO TO sp2)

[if (rostnum <> 1) show "In the past month have you prepared meals, dropped off homemade food, or invited anyone else to dinner?"]

SP1N
What is the first name of this person you did this task for or the name of this organization you did this task on behalf of?

CATI will show "Relatives" list.
CATI will show "Friends " list.
CATI will show "Others"   list.

[INTERVIEWER NOTE: SELECT THE PERSON THE TASK WAS DONE FOR OUT OF LIST. IF THE NAME DOES NOT APPEAR ON LIST, SELECT FROM THE OTHER LIST AND COLLECT NAME AND DEMOGRAPHIC INFORMATION AS IT APPLIES. IF NUMBER IS 36 OR GREATER, GO TO SP1O]

Sp1o
Name of other person or organization:

SP1r
And their relationship to you is:

1 Spouse/Common-law partner	16 Sister-in-law
2 Ex-spouse/Ex-partner	17 Nephew
3 Son/Stepson	18 Niece
4 Daughter/Stepdaughter	19 Uncle
5 Father	20 Aunt
6 Mother	21 Cousin
7 Brother	22 Same sex partner
8 Sister	23 Neighbour
9 Grandson	24 Co-worker
10 Granddaughter	25 Non-Governmental Organization
11 Son-in-law	26 Paid employee/worker
12 Daughter-in-law	27 Other (Specify)
13 Father-in-law	28 Government (all levels and taxes)
14 Mother-in-law	29 Acquaintance
15 Brother-in-law	

             0 = Not stated/Refusal
               -1 = Don't Know

[INTERVIEWER NOTE: if answer is 25 or 28, (GO TO SP1p)]

SP1G
Gender:

1	Male
2	Female

SP1A
And how old are they?   [specify years]

-1	Don't know
0	No Response

SP1P
Where do they live? (READ)

1	In the same household as you
2	In the same building as you
3	In the same neighbourhood or community as you (30 minutes or less by foot or bus)
4	In the surrounding area to your neighbourhood or community (less than an hour by car)
5	Less than a half day's journey each way by land travel (a round trip with a two hour visit)
6	More than a half day's journey each way by land travel

if (SP1r = 31) show "Where are they located? (READ) " 3 1

SP1W
Why did you do this for them?

1	That is the way these activities are shared in your house
2	That is the way things are done with your family/friends
3	They do things for me
4	They have long-term health problems or physical limitations
5	They were going through temporary difficult times
6	Time constraints did not allow them to do it for themselves
7	They did not have the knowledge/skills to do it themselves
8	They did not have the supplies/equipment needed
9	It is part of my volunteer activities
10	Other

SP1Q
In the past month how often have you done this for them?

1	At least once in the past month
2	At least once a week
3	Several times a week
4	Daily

SP2
In the past month have you done any shopping such as picking up groceries or other necessities for anyone?

> 1   Yes
> 2   No (Go to SP3)

if (rostnum <> 1) show "or other necessities for anyone else?" 3 1

SP2N
What is the first name of this person you did this task for or the name of this organization you did this task on behalf of?

[CATI WILL INSERT: show "Relatives", show "Friends ", show "Others".]

[IF A NEW OTHER IS SELECTED, CATI WILL GO TO SP2O.]

Sp2o
Name of other person or organization:

SP2r
And their relationship to you is:

1 Spouse/Common-law partner	16 Sister-in-law
2 Ex-spouse/Ex-partner	17 Nephew
3 Son/Stepson	18 Niece
4 Daughter/Stepdaughter	19 Uncle
5 Father	20 Aunt
6 Mother	21 Cousin
7 Brother	22 Same sex partner
8 Sister	23 Neighbour
9 Grandson	24 Co-worker
10 Granddaughter	25 Non-Governmental Organization
11 Son-in-law	26 Paid employee/worker
12 Daughter-in-law	27 Other (Specify)
13 Father-in-law	28 Government (all levels and taxes)
14 Mother-in-law	29 Acquaintance
15 Brother-in-law	

> 0 = Not stated/Refusal
> -1 = Don't Know

[INTERVIEWER NOTE: if answer is 25 or 28, (GO TO SP2p)]

SP2G
Gender:

                  1   Male
                  2   Female

SP2A

And how old are they?   [specify years]

                 -1   Don't know
                 0   No Response

SP2P
Where do they live? (READ)

       1   In the same household as you
       2   In the same building as you
       3   In the same neighbourhood or community as you
                 (30 minutes or less by foot or bus)
       4   In the surrounding area to your neighbourhood or community
                 (less than an hour by car)
       5   Less than a half day's journey each way by land travel
                 (a round trip with a two hour visit)
       6   More than a half day's journey each way by land travel

[if (SP2r = 31) show "Where are they located? (READ) "]

SP2W
Why did you do this for them?

       1   That is the way these activities are shared in your house
       2   That is the way things are done with your family/friends
       3   They do things for me
       4   They have long-term health problems or physical limitations
       5   They were going through temporary difficult times
       6   Time constraints did not allow them to do it for themselves
       7   They did not have the knowledge/skills to do it themselves
       8   They did not have the supplies/equipment needed
       9   It is part of my volunteer activities
      10   Other

SP2Q
In the past month how often have you done this for them?

       1   At least once in the past month
       2   At least once a week
       3   Several times a week
       4   Daily

SP3

In the past month have you done any housekeeping, such as washing floors, vacuuming, dusting, laundry or mending for anyone?

        1   Yes   (GO TO <SP3N>)
        2   No   (Skip to SP4)

if (rostnum <> 1) show "Did you do any housekeeping for anyone else?" 2 1

SP3N

What is the first name of this person you did this task for or the name of this organization you did this task on behalf of?

CATI will show "Relatives" list.
CATI will show "Friends " list.
CATI will show "Others"   list.

[INTERVIEWER NOTE: SELECT THE PERSON THE TASK WAS DONE FOR OUT OF LIST. IF THE NAME DOES NOT APPEAR ON LIST, SELECT FROM THE OTHER LIST AND COLLECT NAME AND DEMOGRAPHIC INFORMATION AS IT APPLIES. IF NUMBER IS 36 OR GREATER, GO TO sp3w]

Sp3o

Name of other person or organization:

SP3r

And their relationship to you is:

1 Spouse/Common-law partner	16 Sister-in-law
2 Ex-spouse/Ex-partner	17 Nephew
3 Son/Stepson	18 Niece
4 Daughter/Stepdaughter	19 Uncle
5 Father	20 Aunt
6 Mother	21 Cousin
7 Brother	22 Same sex partner
8 Sister	23 Neighbour
9 Grandson	24 Co-worker
10 Granddaughter	25 Non-Governmental Organization
11 Son-in-law	26 Paid employee/worker
12 Daughter-in-law	27 Other (Specify)
13 Father-in-law	28 Government (all levels and taxes)
14 Mother-in-law	29 Acquaintance
15 Brother-in-law	

              0 = Not stated/Refusal
               -1 = Don't Know

[INTERVIEWER NOTE: if answer is 25 or 28, (GO TO SP3p)]

SP3G
Gender:

    1   Male
    2   Female

SP3A
And how old are they?   [specify years]

    -1   Don't know
    0   No Response

SP3P
Where do they live? (READ)

    1   In the same household as you
    2   In the same building as you
    3   In the same neighbourhood or community as you
           (30 minutes or less by foot or bus)
    4   In the surrounding area to your neighbourhood or community
           (less than an hour by car)
    5   Less than a half day's journey each way by land travel
           (a round trip with a two hour visit)
    6   More than a half day's journey each way by land travel

if (SP3r = 31) show "Where are they located? (READ) " 3 1

SP3W
Why did you do this for them?

    1   That is the way these activities are shared in your house
    2   That is the way things are done with your family/friends
    3   They do things for me
    4   They have long-term health problems or physical limitations
    5   They were going through temporary difficult times
    6   Time constraints did not allow them to do it for themselves
    7   They did not have the knowledge/skills to do it themselves
    8   They did not have the supplies/equipment needed
    9   It is part of my volunteer activities
    10   Other

SP3Q
In the past month how often have you done this for them?

    1   At least once in the past month
    2   At least once a week
    3   Several times a week
    4   Daily

SP4

In the past month have you helped anyone with their house such as watered their plants, fed their pets, or picked up their mail while they have been away?

          1   Yes   GO TO <SP4N>
          2   No   Skip to SP5

if (rostnum <> 1) show "Did you help anyone else with their house?" 2 1

SP4N

What is the first name of this person you did this task for or the name of this organization you did this task on behalf of?

show "Relatives" 3 1 10 63
show "Friends " 3 23 10 63
show "Others"   3 43 10 63

if (ans < 36) skp sp4w

Sp4o

Name of other person or organization:

SP4r

And their relationship to you is:

1 Spouse/Common-law partner	16 Sister-in-law
2 Ex-spouse/Ex-partner	17 Nephew
3 Son/Stepson	18 Niece
4 Daughter/Stepdaughter	19 Uncle
5 Father	20 Aunt
6 Mother	21 Cousin
7 Brother	22 Same sex partner
8 Sister	23 Neighbour
9 Grandson	24 Co-worker
10 Granddaughter	25 Non-Governmental Organization
11 Son-in-law	26 Paid employee/worker
12 Daughter-in-law	27 Other (Specify)
13 Father-in-law	28 Government (all levels and taxes)
14 Mother-in-law	29 Acquaintance
15 Brother-in-law	

                 0 = Not stated/Refusal
                  -1 = Don't Know

[INTERVIEWER NOTE: if answer is 25 or 28, (GO TO SP4p)]

SP4G
Gender:

     1   Male
     2   Female

SP4A
And how old are they?   [specify years]

     -1   Don't know
     0   No Response

SP4P
Where do they live? (READ)

     1   In the same household as you
     2   In the same building as you
     3   In the same neighbourhood or community as you
               (30 minutes or less by foot or bus)
     4   In the surrounding area to your neighbourhood or community
               (less than an hour by car)
     5   Less than a half day's journey each way by land travel
               (a round trip with a two hour visit)
     6   More than a half day's journey each way by land travel

if (SP4r = 31) show "Where are they located? (READ) " 3 1

SP4W
Why did you do this for them?

     1   That is the way these activities are shared in your house
     2   That is the way things are done with your family/friends
     3   They do things for me
     4   They have long-term health problems or physical limitations
     5   They were going through temporary difficult times
     6   Time constraints did not allow them to do it for themselves
     7   They did not have the knowledge/skills to do it themselves
     8   They did not have the supplies/equipment needed
     9   It is part of my volunteer activities
     10   Other

SP4Q
In the past month how often have you done this for them?

     1   At least once in the past month
     2   At least once a week
     3   Several times a week
     4   Daily

SP5
In the past month have you done any outdoor work for anyone such as painting and minor repairs, shovelling snow or chopping firewood?

        1   Yes (GO TO <SP5N>)
        2   No (Skip to SP6)

if (rostnum <> 1) show "Did you do any outdoor work for anyone else?" 2 1

SP5N
What is the first name of this person you did this task for or the name of this organization you did this task on behalf of?

show "Relatives" 3 1 10 63
show "Friends " 3 23 10 63
show "Others"   3 43 10 63
if (ans < 36) skp sp5w

Sp5o
Name of other person or organization:

SP5r
And their relationship to you is:

1 Spouse/Common-law partner
2 Ex-spouse/Ex-partner
3 Son/Stepson
4 Daughter/Stepdaughter
5 Father
6 Mother
7 Brother
8 Sister
9 Grandson
10 Granddaughter
11 Son-in-law
12 Daughter-in-law
13 Father-in-law
14 Mother-in-law
15 Brother-in-law

16 Sister-in-law
17 Nephew
18 Niece
19 Uncle
20 Aunt
21 Cousin
22 Same sex partner
23 Neighbour
24 Co-worker
25 Non-Governmental Organization
26 Paid employee/worker
27 Other (Specify)
28 Government (all levels and taxes)
29 Acquaintance

0 = Not stated/Refusal
-1 = Don't Know

[INTERVIEWER NOTE: if answer is 25 or 28, (GO TO SP5p)]

SP5G
Gender:

1 Male
2 Female

SP5A
And how old are they?   [specify years]

-1 Don't know
0 No Response

SP5P
Where do they live? (READ)

1 In the same household as you
2 In the same building as you
3 In the same neighbourhood or community as you
(30 minutes or less by foot or bus)
4 In the surrounding area to your neighbourhood or community
(less than an hour by car)
5 Less than a half day's journey each way by land travel
(a round trip with a two hour visit)
6 More than a half day's journey each way by land travel

if (SP5r = 31) show "Where are they located? (READ) " 3 1

SP5W
Why did you do this for them?

1 That is the way these activities are shared in your house
2 That is the way things are done with your family/friends
3 They do things for me
4 They have long-term health problems or physical limitations
5 They were going through temporary difficult times
6 Time constraints did not allow them to do it for themselves
7 They did not have the knowledge/skills to do it themselves
8 They did not have the supplies/equipment needed
9 It is part of my volunteer activities
10 Other

SP5Q
In the past month how often have you done this for them?

1 At least once in the past month
2 At least once a week
3 Several times a week
4 Daily

SP6
In the past month have you provided transportation for anyone for medical appointments?

1 Yes (GO TO <SP6N>)
2 No (Skip to SP7)

if (rostnum <> 1) show "Did you provide transportation for medical appointments for anyone else?"

SP6N
What is the first name of this person you did this task for or the name of this organization you did this task on behalf of?

show "Relatives" 3 1 10 63
show "Friends " 3 23 10 63
show "Others"   3 43 10 63

if (ans < 36) skp sp6w

Sp6o
Name of other person or organization:

SP6r

And their relationship to you is:

1 Spouse/Common-law partner	16 Sister-in-law
2 Ex-spouse/Ex-partner	17 Nephew
3 Son/Stepson	18 Niece
4 Daughter/Stepdaughter	19 Uncle
5 Father	20 Aunt
6 Mother	21 Cousin
7 Brother	22 Same sex partner
8 Sister	23 Neighbour
9 Grandson	24 Co-worker
10 Granddaughter	25 Non-Governmental Organization
11 Son-in-law	26 Paid employee/worker
12 Daughter-in-law	27 Other (Specify)
13 Father-in-law	28 Government (all levels and taxes)
14 Mother-in-law	29 Acquaintance
15 Brother-in-law	

0 = Not stated/Refusal
-1 = Don't Know

[INTERVIEWER NOTE: if answer is 25 or 28, (GO TO SP6p)]

SP6G
Gender:

1   Male
2   Female

SP6A
And how old are they?   [specify years]

-1   Don't know
0   No Response

SP6P
Where do they live? (READ)

      1   In the same household as you
      2   In the same building as you
      3   In the same neighbourhood or community as you
                (30 minutes or less by foot or bus)
      4   In the surrounding area to your neighbourhood or community
                (less than an hour by car)
      5   Less than a half day's journey each way by land travel
                (a round trip with a two hour visit)
      6   More than a half day's journey each way by land travel

if (SP6r = 31) show "Where are they located? (READ) " 3 1

SP6W
Why did you do this for them?

      1   That is the way these activities are shared in your house
      2   That is the way things are done with your family/friends
      3   They do things for me
      4   They have long-term health problems or physical limitations
      5   They were going through temporary difficult times
      6   Time constraints did not allow them to do it for themselves
      7   They did not have the knowledge/skills to do it themselves
      8   They did not have the supplies/equipment needed
      9   It is part of my volunteer activities
     10   Other

SP6Q
In the past month how often have you done this for them?

      1   At least once in the past month
      2   At least once a week
      3   Several times a week
      4   Daily

SP7
In the past month have you provided transportation for anyone for necessary outings such as shopping or banking?

      1   Yes (GO TO <SP7N>)
      2   No (Skip to SP8)

if (rostnum <> 1) show "Did you provide transportation for necessary outings for anyone else?" 2

SP7N
What is the first name of this person you did this task for or the name of this organization you did this task on behalf of?

show "Relatives" 3 1 10 63
show "Friends " 3 23 10 63
show "Others"   3 43 10 63
if (ans < 36) skp sp7w

Sp7o
Name of other person or organization:

SP7r
And their relationship to you is:

1 Spouse/Common-law partner	16 Sister-in-law
2 Ex-spouse/Ex-partner	17 Nephew
3 Son/Stepson	18 Niece
4 Daughter/Stepdaughter	19 Uncle
5 Father	20 Aunt
6 Mother	21 Cousin
7 Brother	22 Same sex partner
8 Sister	23 Neighbour
9 Grandson	24 Co-worker
10 Granddaughter	25 Non-Governmental Organization
11 Son-in-law	26 Paid employee/worker
12 Daughter-in-law	27 Other (Specify)
13 Father-in-law	28 Government (all levels and taxes)
14 Mother-in-law	29 Acquaintance
15 Brother-in-law	

0 = Not stated/Refusal
-1 = Don't Know

[INTERVIEWER NOTE: if answer is 25 or 28, (GO TO SP7p)]

SP7G
Gender:

1   Male
2   Female

SP7A
And how old are they?   [specify years]

-1   Don't know
 0   No Response

SP7P
Where do they live? (READ)

1	In the same household as you
2	In the same building as you
3	In the same neighbourhood or community as you (30 minutes or less by foot or bus)
4	In the surrounding area to your neighbourhood or community (less than an hour by car)
5	Less than a half day's journey each way by land travel (a round trip with a two hour visit)
6	More than a half day's journey each way by land travel

if (SP7r = 31) show "Where are they located? (READ) " 3 1

SP7W
Why did you do this for them?

1	That is the way these activities are shared in your house
2	That is the way things are done with your family/friends
3	They do things for me
4	They have long-term health problems or physical limitations
5	They were going through temporary difficult times
6	Time constraints did not allow them to do it for themselves
7	They did not have the knowledge/skills to do it themselves
8	They did not have the supplies/equipment needed
9	It is part of my volunteer activities
10	Other

SP7Q
In the past month how often have you done this for them?

1	At least once in the past month
2	At least once a week
3	Several times a week
4	Daily

SP8
In the past month have you provided transportation for anyone for social outings?

1	Yes (GO TO <SP8N>)
2	No (Skip to SP9)

if (rostnum <> 1) show "Did you provide transportation for social outings for anyone else?" 2 1

SP8N
What is the first name of this person you did this task for or the name of this organization you did this task on behalf of?

show "Relatives" 3 1 10 63
show "Friends " 3 23 10 63
show "Others"   3 43 10 63
if (ans < 36) skp sp8w

Sp8o
Name of other person or organization:

SP8r
And their relationship to you is:

1 Spouse/Common-law partner	16 Sister-in-law
2 Ex-spouse/Ex-partner	17 Nephew
3 Son/Stepson	18 Niece
4 Daughter/Stepdaughter	19 Uncle
5 Father	20 Aunt
6 Mother	21 Cousin
7 Brother	22 Same sex partner
8 Sister	23 Neighbour
9 Grandson	24 Co-worker
10 Granddaughter	25 Non-Governmental Organization
11 Son-in-law	26 Paid employee/worker
12 Daughter-in-law	27 Other (Specify)
13 Father-in-law	28 Government (all levels and taxes)
14 Mother-in-law	29 Acquaintance
15 Brother-in-law	

0 = Not stated/Refusal
-1 = Don't Know

[INTERVIEWER NOTE: if answer is 25 or 28, (GO TO SP8p)]

SP8G
Gender:

1   Male
2   Female

SP8A

And how old are they?   [specify years]

        -1   Don't know
        0   No Response

SP8P
Where do they live? (READ)

    1   In the same household as you
    2   In the same building as you
    3   In the same neighbourhood or community as you
             (30 minutes or less by foot or bus)
    4   In the surrounding area to your neighbourhood or community
             (less than an hour by car)
    5   Less than a half day's journey each way by land travel
             (a round trip with a two hour visit)
    6   More than a half day's journey each way by land travel

if (SP8r = 31) show "Where are they located? (READ) " 3 1

SP8W
Why did you do this for them?

1   That is the way these activities are shared in your house
2   That is the way things are done with your family/friends
3   They do things for me
4   They have long-term health problems or physical limitations
5   They were going through temporary difficult times
6   Time constraints did not allow them to do it for themselves
7   They did not have the knowledge/skills to do it themselves
8   They did not have the supplies/equipment needed
9   It is part of my volunteer activities
10   Other

SP8Q
In the past month how often have you done this for them?

    1   At least once in the past month
    2   At least once a week
    3   Several times a week
    4   Daily

SP9
In the past month have you assisted anyone with financial matters such as paying bills, banking and income tax, or legal matters such as creating wills,power of attorney, or transfer/sale of property or estate planning?

    1 Yes GO TO <SP9N>
    2 No Skip to SP10

if (rostnum <> 1) show "Did you assist anyone else with financial or legal matters?" 2 1

SP9N
What is the first name of this person you did this task for or the name of this organization you did this task on behalf of?

show "Relatives" 3 1 10 63
show "Friends " 3 23 10 63
show "Others"   3 43 10 63
if (ans < 36) skp sp9w

Sp9o
Name of other person or organization:

SP9r
And their relationship to you is:

1 Spouse/Common-law partner	16 Sister-in-law
2 Ex-spouse/Ex-partner	17 Nephew
3 Son/Stepson	18 Niece
4 Daughter/Stepdaughter	19 Uncle
5 Father	20 Aunt
6 Mother	21 Cousin
7 Brother	22 Same sex partner
8 Sister	23 Neighbour
9 Grandson	24 Co-worker
10 Granddaughter	25 Non-Governmental Organization
11 Son-in-law	26 Paid employee/worker
12 Daughter-in-law	27 Other (Specify)
13 Father-in-law	28 Government (all levels and taxes)
14 Mother-in-law	29 Acquaintance
15 Brother-in-law	

0 = Not stated/Refusal
-1 = Don't Know

[INTERVIEWER NOTE: if answer is 25 or 28, (GO TO SP9p)]

SP9G
Gender:
    1   Male
    2   Female

SP9A
And how old are they?   [specify years]

    -1   Don't know
     0   No Response
SP9P

Where do they live? (READ)

1	In the same household as you
2	In the same building as you
3	In the same neighbourhood or community as you (30 minutes or less by foot or bus)
4	In the surrounding area to your neighbourhood or community (less than an hour by car)
5	Less than a half day's journey each way by land travel (a round trip with a two hour visit)
6	More than a half day's journey each way by land travel

if (SP9r = 31) show "Where are they located? (READ) " 3 1

SP9W
Why did you do this for them?

1 That is the way these activities are shared in your house
2 That is the way things are done with your family/friends
3 They do things for me
4 They have long-term health problems or physical limitations
5 They were going through temporary difficult times
6 Time constraints did not allow them to do it for themselves
7 They did not have the knowledge/skills to do it themselves
8 They did not have the supplies/equipment needed
9 It is part of my volunteer activities
10 Other

SP9Q
In the past month how often have you done this for them?

1	At least once in the past month
2	At least once a week
3	Several times a week
4	Daily

SP10
In the past month have you assisted anyone with making arrangements (such as obtaining information, making appointments or negotiating the provision of services?

1 Yes (GO TO <SP10N>)
2 No (GO TO SP11)

if (rostnum <> 1) show "Did you assist anyone else with making arrangements?" 2 1

SP10N

What is the first name of this person you did this task for or the name of this organization you did this task on behalf of?

show "Relatives" 3 1 10 63
show "Friends " 3 23 10 63
show "Others"   3 43 10 63
if (ans < 36) skp sp10w

Sp10o
Name of other person or organization:

SP10r
And their relationship to you is:

1 Spouse/Common-law partner	16 Sister-in-law
2 Ex-spouse/Ex-partner	17 Nephew
3 Son/Stepson	18 Niece
4 Daughter/Stepdaughter	19 Uncle
5 Father	20 Aunt
6 Mother	21 Cousin
7 Brother	22 Same sex partner
8 Sister	23 Neighbour
9 Grandson	24 Co-worker
10 Granddaughter	25 Non-Governmental Organization
11 Son-in-law	26 Paid employee/worker
12 Daughter-in-law	27 Other (Specify)
13 Father-in-law	28 Government (all levels and taxes)
14 Mother-in-law	29 Acquaintance
15 Brother-in-law	

0 = Not stated/Refusal
-1 = Don't Know

[INTERVIEWER NOTE: if answer is 25 or 28, (GO TO SP10p)]

if (ans = 31) skp SP10p
if (ans = 26) skp SP10p
if (ans = 29) skp SP10p

SP10G
Gender:

1   Male
2   Female

SP10A
And how old are they?   [specify years]

-1	Don't know
0	No Response

SP10P
Where do they live? (READ)

1	In the same household as you
2	In the same building as you
3	In the same neighbourhood or community as you (30 minutes or less by foot or bus)
4	In the surrounding area to your neighbourhood or community (less than an hour by car)
5	Less than a half day's journey each way by land travel (a round trip with a two hour visit)
6	More than a half day's journey each way by land travel

if (SP10r = 31) show "Where are they located? (READ) " 3 1

SP10W
Why did you do this for them?

1	That is the way these activities are shared in your house
2	That is the way things are done with your family/friends
3	They do things for me
4	They have long-term health problems or physical limitations
5	They were going through temporary difficult times
6	Time constraints did not allow them to do it for themselves
7	They did not have the knowledge/skills to do it themselves
8	They did not have the supplies/equipment needed
9	It is part of my volunteer activities
10	Other

SP10Q
In the past month how often have you done this for them?

1	At least once in the past month
2	At least once a week
3	Several times a week
4	Daily

SP11
In the past month have you checked up on anyone either in person or by telephone to make sure that they were okay?

> 1   Yes GO TO <SP11N>
> 2   No Skip to SP12

if (rostnum <> 1) show "Did you check up on anyone else?" 2 1

SP11N
What is the first name of this person you did this task for or the name of this organization you did this task on behalf of?

show "Relatives" 3 1 10 63
show "Friends " 3 23 10 63
show "Others"   3 43 10 63
if (ans < 36) skp sp11w

Sp11o
Name of other person or organization:

SP11r
And their relationship to you is:

1 Spouse/Common-law partner	16 Sister-in-law
2 Ex-spouse/Ex-partner	17 Nephew
3 Son/Stepson	18 Niece
4 Daughter/Stepdaughter	19 Uncle
5 Father	20 Aunt
6 Mother	21 Cousin
7 Brother	22 Same sex partner
8 Sister	23 Neighbour
9 Grandson	24 Co-worker
10 Granddaughter	25 Non-Governmental Organization
11 Son-in-law	26 Paid employee/worker
12 Daughter-in-law	27 Other (Specify)
13 Father-in-law	28 Government (all levels and taxes)
14 Mother-in-law	29 Acquaintance
15 Brother-in-law	

> 0 = Not stated/Refusal
> -1 = Don't Know

[INTERVIEWER NOTE: if answer is 25 or 28, (GO TO SP11p)]

SP11G
Gender:

      1   Male
      2   Female

SP11A
And how old are they?   [specify years]

     -1   Don't know
      0   No Response

SP11P
Where do they live? (READ)

     1   In the same household as you
     2   In the same building as you
     3   In the same neighbourhood or community as you
             (30 minutes or less by foot or bus)
     4   In the surrounding area to your neighbourhood or community
             (less than an hour by car)
     5   Less than a half day's journey each way by land travel
             (a round trip with a two hour visit)
     6   More than a half day's journey each way by land travel

if (SP11r = 31) show "Where are they located? (READ) " 3 1

SP11W
Why did you do this for them?

1   That is the way these activities are shared in your house
2   That is the way things are done with your family/friends
3   They do things for me
4   They have long-term health problems or physical limitations
5   They were going through temporary difficult times
6   Time constraints did not allow them to do it for themselves
7   They did not have the knowledge/skills to do it themselves
8   They did not have the supplies/equipment needed
9   It is part of my volunteer activities
10   Other

SP11Q
In the past month how often have you done this for them?

     1   At least once in the past month
     2   At least once a week
     3   Several times a week
     4   Daily

SP12
In the past month have you provided someone with emotional support?

                    1   Yes (GO TO <SP12N>)
                    2   No (Skip to SP13)

if (rostnum <> 1) show "Did you provide emotional support to anyone else?" 2 1

SP12N
What is the first name of this person you did this task for or the name of this organization you did
this task on behalf of?

show "Relatives" 3 1 10 63
show "Friends " 3 23 10 63
show "Others"   3 43 10 63
if (ans < 36) skp sp12w

Sp12o
Name of other person or organization:

SP12r
And their relationship to you is:

1 Spouse/Common-law partner	16 Sister-in-law
2 Ex-spouse/Ex-partner	17 Nephew
3 Son/Stepson	18 Niece
4 Daughter/Stepdaughter	19 Uncle
5 Father	20 Aunt
6 Mother	21 Cousin
7 Brother	22 Same sex partner
8 Sister	23 Neighbour
9 Grandson	24 Co-worker
10 Granddaughter	25 Non-Governmental Organization
11 Son-in-law	26 Paid employee/worker
12 Daughter-in-law	27 Other (Specify)
13 Father-in-law	28 Government (all levels and taxes)
14 Mother-in-law	29 Acquaintance
15 Brother-in-law	

                    0 = Not stated/Refusal
                      -1 = Don't Know

[INTERVIEWER NOTE: if answer is 25 or 28, (GO TO SP12p)]

SP12G
Gender:

        1   Male
        2   Female

SP12A
And how old are they?   [specify years]

      -1   Don't know
       0   No Response

SP12P
Where do they live? (READ)

    1   In the same household as you
    2   In the same building as you
    3   In the same neighbourhood or community as you
                 (30 minutes or less by foot or bus)
    4   In the surrounding area to your neighbourhood or community
                 (less than an hour by car)
    5   Less than a half day's journey each way by land travel
                 (a round trip with a two hour visit)
    6   More than a half day's journey each way by land travel

if (SP12r = 31) show "Where are they located? (READ) " 3 1

SP12W
Why did you do this for them?

1   That is the way these activities are shared in your house
2   That is the way things are done with your family/friends
3   They do things for me
4   They have long-term health problems or physical limitations
5   They were going through temporary difficult times
6   Time constraints did not allow them to do it for themselves
7   They did not have the knowledge/skills to do it themselves
8   They did not have the supplies/equipment needed
9   It is part of my volunteer activities
10   Other

SP12Q
In the past month how often have you done this for them?

    1   At least once in the past month
    2   At least once a week
    3   Several times a week
    4   Daily

SP13

In the past month have you given someone a short break from their caregiving responsibilities?

> 1   Yes   (GO TO <SP13N>)
> 2   No (Skip to SP14)

if (rostnum <> 1) show "Did you give anyone else a short break from their caregiving responsibilities?"

SP13N
What is the first name of this person you did this task for or the name of this organization you did this task on behalf of?

show "Relatives" 3 1 10 63
show "Friends " 3 23 10 63
show "Others"   3 43 10 63
if (ans < 36) skp sp13w

Sp13o
Name of other person or organization:

SP13r
And their relationship to you is:

1 Spouse/Common-law partner	16 Sister-in-law
2 Ex-spouse/Ex-partner	17 Nephew
3 Son/Stepson	18 Niece
4 Daughter/Stepdaughter	19 Uncle
5 Father	20 Aunt
6 Mother	21 Cousin
7 Brother	22 Same sex partner
8 Sister	23 Neighbour
9 Grandson	24 Co-worker
10 Granddaughter	25 Non-Governmental Organization
11 Son-in-law	26 Paid employee/worker
12 Daughter-in-law	27 Other (Specify)
13 Father-in-law	28 Government (all levels and taxes)
14 Mother-in-law	29 Acquaintance
15 Brother-in-law	

> 0 = Not stated/Refusal
> -1 = Don't Know

[INTERVIEWER NOTE: if answer is 25 or 28, (GO TO SP13p)]

SP13G

Gender:

       1   Male
       2   Female

SP13A
And how old are they?   [specify years]

      -1   Don't know
       0   No Response

SP13P
Where do they live? (READ)

      1   In the same household as you
      2   In the same building as you
      3   In the same neighbourhood or community as you
              (30 minutes or less by foot or bus)
      4   In the surrounding area to your neighbourhood or community
              (less than an hour by car)
      5   Less than a half day's journey each way by land travel
              (a round trip with a two hour visit)
      6   More than a half day's journey each way by land travel

if (SP13r = 31) show "Where are they located? (READ) " 3 1

SP13W
Why did you do this for them?

1   That is the way these activities are shared in your house
2   That is the way things are done with your family/friends
3   They do things for me
4   They have long-term health problems or physical limitations
5   They were going through temporary difficult times
6   Time constraints did not allow them to do it for themselves
7   They did not have the knowledge/skills to do it themselves
8   They did not have the supplies/equipment needed
9   It is part of my volunteer activities
10   Other

SP13Q
In the past month how often have you done this for them?

      1   At least once in the past month
      2   At least once a week
      3   Several times a week
      4   Daily

SP14

In the past month have you provided child care for anyone?

> 1   Yes (GO TO <SP14N>)
> 2   No (Skip to SP15)

if (rostnum <> 1) show "Did you provide child care for anyone else?" 2 1

SP14N
What is the first name of this person you did this task for or the name of this organization you did this task on behalf of?

show "Relatives" 3 1 10 63
show "Friends " 3 23 10 63
show "Others"   3 43 10 63
if (ans < 36) skp sp14w

Sp14o
Name of other person or organization:

SP14r
And their relationship to you is:

1 Spouse/Common-law partner	16 Sister-in-law
2 Ex-spouse/Ex-partner	17 Nephew
3 Son/Stepson	18 Niece
4 Daughter/Stepdaughter	19 Uncle
5 Father	20 Aunt
6 Mother	21 Cousin
7 Brother	22 Same sex partner
8 Sister	23 Neighbour
9 Grandson	24 Co-worker
10 Granddaughter	25 Non-Governmental Organization
11 Son-in-law	26 Paid employee/worker
12 Daughter-in-law	27 Other (Specify)
13 Father-in-law	28 Government (all levels and taxes)
14 Mother-in-law	29 Acquaintance
15 Brother-in-law	

> 0 = Not stated/Refusal
> -1 = Don't Know

[INTERVIEWER NOTE: if answer is 25 or 28, (GO TO SP14p)]

SP14G
Gender:

> 1   Male
> 2   Female

SP14A
And how old are they?   [specify years]

-1   Don't know
0   No Response

SP14P
Where do they live? (READ)

1   In the same household as you
2   In the same building as you
3   In the same neighbourhood or community as you
           (30 minutes or less by foot or bus)
4   In the surrounding area to your neighbourhood or community
           (less than an hour by car)
5   Less than a half day's journey each way by land travel
           (a round trip with a two hour visit)
6   More than a half day's journey each way by land travel

if (SP14r = 31) show "Where are they located? (READ) " 3 1

SP14W
Why did you do this for them?

1   That is the way these activities are shared in your house
2   That is the way things are done with your family/friends
3   They do things for me
4   They have long-term health problems or physical limitations
5   They were going through temporary difficult times
6   Time constraints did not allow them to do it for themselves
7   They did not have the knowledge/skills to do it themselves
8   They did not have the supplies/equipment needed
9   It is part of my volunteer activities
10   Other

SP14Q
In the past month how often have you done this for them?

1   At least once in the past month
2   At least once a week
3   Several times a week
4   Daily

SP15
Looking back over the past 12 months has the amount of support you provided to others

> 1   Decreased a lot (GO TO SP15a)
> 2   Decreased a little   (GO TO SP15a)
> 3   Stayed the same(SKIP TO SR)
> 4   Increased a little   (GO TO SP15b)
> 5   Increased a lot   (GO TO SP15b)

if (ans = 3) skp SR
If (ans > 3) skp SP15b

SP15a
Why has the amount of support you provided to others decreased?

> 1   My health has declined and I am able to do less
> 2   One or more friends who needed my assistance do not need it
>   any longer
> 3   Services in my community have increased and others no longer
>   need my help
> 4   One or more persons I have done things for have moved or
>   passed away
> 5   Other

 [GO TO SR]

SP15b
Why has the amount of support you provided to others increased?

> 1   My health has improved so I am able to do more
> 2   One or more friends and relatives needed my assistance or
>   needed more of my assistance
> 3   Services in my community have been reduced and
>   others need to help
> 4   Others have helped me and I want to reciprocate
> 5   Other
>
> 8   Don't Know
> 0   No Response

SR
Other people may lend a hand to seniors. I want to know about the things other people may do to assist you. Think about the things people in your household, other family members, friends, and neighbours in your community and community organizations do for you. Any names that you say will be kept confidential.

> Press "1" to continue

SR1
In the past month has anyone prepared meals for you, dropped off homemade food, or invited you to dinner?

> 1   Yes   (GO TO <SR1N>)
> 2   No (Skip to SR2)

if (rostnum <> 1) show "Did anyone else prepare meals, dropped off homemade food, or invited you to dinner?"

SR1N
What is the first name of this person who did this task for you or the name of this organization that did this task for you?

show "Relatives" 3 1 10 63
show "Friends " 3 23 10 63
show "Others"   3 43 10 63
if (ans < 36) skp sr1w

Sr1o
Name of other person or organization:

SR1r
And their relationship to you is:

1 Spouse/Common-law partner	16 Sister-in-law
2 Ex-Spouse/Ex-partner	17 Nephew
3 Son/Stepson	18 Niece
4 Daughter/Stepdaughter	19 Uncle
5 Father	20 Aunt
6 Mother	21 Cousin
7 Brother	22 Same sex partner
8 Sister	23 Close friend
9 Grandson	24 Neighbour
10 Granddaughter	25 Co-worker
11 Son-in-law	26 Non-Governmental Organization
12 Daughter-in-law	27 Paid employee/worker
13 Father-in-law	28 Other (Specify)
14 Mother-in-law	29 Government (all levels and taxes)
15 Brother-in-law	30 Acquaintance

31 = Organization

0 = No Response
   -1 = Don't Know

[IF ANSWER IS 26, 29 OR 31 GO TO SR1P]

SR1G
Gender:

        1   Male
        2   Female

SR1A
And how old are they?   [Specify years]

        -1   Don't know
        0   No Response

SR1P
Where do they live? (READ)

        1   In the same household as you
        2   In the same building as you
        3   In the same neighbourhood or community as you
                (30 minutes or less by foot or bus)
        4   In the surrounding area to your neighbourhood or community
                (less than an hour by car)
        5   Less than a half day's journey each way by land travel
                (a round trip with a two hour visit)
        6   More than a half day's journey each way by land travel

if (SR1r = 31) show "Where are they located? (READ) " 3 1

SR1W
Why did they do this for you?
1   That is the way these activities are shared in your house
2   That is the way things are done with your family/friends
3   You do things for them.
4   You have long-term health problems or physical limitations
5   You were going through temporary difficult times
6   Time constraints did not allow you to do it for yourself
7   You did not have the knowledge/skills to do it yourself
8   You did not have the supplies/equipment needed
9   Other

SR1Q
In the past month, how often have they done this for you?

        1   At least once in the past month
        2   At least once a week
        3   Several times a week
        4   Daily

SR2
In the past month has anyone done any shopping such as picking up groceries or other necessities for you?

> 1   Yes
> 2   No (Go to SR3)

if (rostnum <> 1) show "Did anyone else do any shopping for you ?" 2 1

SR2N
What is the first name of this person who did this task for you or the name of this organization that did this task for you?

show "Relatives" 3 1 10 63
show "Friends " 3 23 10 63
show "Others"   3 43 10 63
if (ans < 36) skp sr2w

Sr2o
Name of other person or organization:

SR2r
And their relationship to you is:

1 Spouse/Common-law partner	16 Sister-in-law
2 Ex-Spouse/Ex-partner	17 Nephew
3 Son/Stepson	18 Niece
4 Daughter/Stepdaughter	19 Uncle
5 Father	20 Aunt
6 Mother	21 Cousin
7 Brother	22 Same sex partner
8 Sister	23 Close friend
9 Grandson	24 Neighbour
10 Granddaughter	25 Co-worker
11 Son-in-law	26 Non-Governmental Organization
12 Daughter-in-law	27 Paid employee/worker
13 Father-in-law	28 Other (Specify)
14 Mother-in-law	29 Government (all levels and taxes)
15 Brother-in-law	30 Acquaintance

> 31 = Organization
> 0 = No Response
>   -1 = Don't Know

[IF ANSWER IS 26, 29 OR 31, GO TO SR2P]

SR2G
Gender:

> 1   Male
> 2   Female

SR2A

And how old are they?   [Specify years]

      -1   Don't know
      0   No Response

SR2P

Where do they live? (READ)

    1   In the same household as you
    2   In the same building as you
    3   In the same neighbourhood or community as you
               (30 minutes or less by foot or bus)
    4   In the surrounding area to your neighbourhood or community
               (less than an hour by car)
    5   Less than a half day's journey each way by land travel
               (a round trip with a two hour visit)
    6   More than a half day's journey each way by land travel

if (SR2r = 31) show "Where are they located? (READ) " 3 1

SR2W

Why did they do this for you?
1   That is the way these activities are shared in your house
2   That is the way things are done with your family/friends
3   You do things for them.
4   You have long-term health problems or physical limitations
5   You were going through temporary difficult times
6   Time constraints did not allow you to do it for yourself
7   You did not have the knowledge/skills to do it yourself
8   You did not have the supplies/equipment needed
9   Other

SR2Q

In the past month, how often have they done this for you?

    1   At least once in the past month
    2   At least once a week
    3   Several times a week
    4   Daily

SR3
In the past month has anyone done any housekeeping, such as washing floors, vacuuming, dusting, laundry or mending for you?

     1 Yes (GO TO <SR3N>)
     2 No (Skip to SR4)

if (rostnum <> 1) show "Did anyone else do any housekeeping for you?" 2 1

SR3N
What is the first name of this person who did this task for you or the name of this organization that did this task for you?

show "Relatives" 3 1 10 63
show "Friends " 3 23 10 63
show "Others"   3 43 10 63
if (ans < 36) skp sr3w

Sr3o
Name of other person or organization:

SR3r
And their relationship to you is:

1 Spouse/Common-law partner	16 Sister-in-law
2 Ex-Spouse/Ex-partner	17 Nephew
3 Son/Stepson	18 Niece
4 Daughter/Stepdaughter	19 Uncle
5 Father	20 Aunt
6 Mother	21 Cousin
7 Brother	22 Same sex partner
8 Sister	23 Close friend
9 Grandson	24 Neighbour
10 Granddaughter	25 Co-worker
11 Son-in-law	26 Non-Governmental Organization
12 Daughter-in-law	27 Paid employee/worker
13 Father-in-law	28 Other (Specify)
14 Mother-in-law	29 Government (all levels and taxes)
15 Brother-in-law	30 Acquaintance

     31 = Organization
     0 = No Response
      -1 = Don't Know

[IF ANSWER IS 26, 29 OR 31 GO TO SR3P]

SR3G
Gender:

     1 Male
     2 Female

SR3A
And how old are they?   [Specify years]

      -1   Don't know
      0   No Response

SR3P
Where do they live? (READ)

    1   In the same household as you
    2   In the same building as you
    3   In the same neighbourhood or community as you
            (30 minutes or less by foot or bus)
    4   In the surrounding area to your neighbourhood or community
            (less than an hour by car)
    5   Less than a half day's journey each way by land travel
            (a round trip with a two hour visit)
    6   More than a half day's journey each way by land travel

if (SR3r = 31) show "Where are they located? (READ) " 3 1

SR3W
Why did they do this for you?
1   That is the way these activities are shared in your house
2   That is the way things are done with your family/friends
3   You do things for them.
4   You have long-term health problems or physical limitations
5   You were going through temporary difficult times
6   Time constraints did not allow you to do it for yourself
7   You did not have the knowledge/skills to do it yourself
8   You did not have the supplies/equipment needed
9   Other

SR3Q
In the past month, how often have they done this for you?

    1   At least once in the past month
    2   At least once a week
    3   Several times a week
    4   Daily

SR4
In the past month has anyone helped you with your house such as watered your plants, fed your pets, or picked up your mail while you have been away?

                    1   Yes   (GO TO <SR4N>)
                    2   No   (Skip to SR5)

if (rostnum <> 1) show "Did anyone else help you with your house while you were away?"

SR4N
What is the first name of this person who did this task for you or the name of this organization that did this task for you?

show "Relatives" 3 1 10 63
show "Friends " 3 23 10 63
show "Others"   3 43 10 63
if (ans < 36) skp sr4w

Sr4o
Name of other person or organization:

SR4r
And their relationship to you is:

1 Spouse/Common-law partner   16 Sister-in-law
2 Ex-Spouse/Ex-partner   17 Nephew
3 Son/Stepson   18 Niece
4 Daughter/Stepdaughter   19 Uncle
5 Father   20 Aunt
6 Mother   21 Cousin
7 Brother   22 Same sex partner
8 Sister   23 Close friend
9 Grandson   24 Neighbour
10 Granddaughter   25 Co-worker
11 Son-in-law   26 Non-Governmental Organization
12 Daughter-in-law   27 Paid employee/worker
13 Father-in-law   28 Other (Specify)
14 Mother-in-law   29 Government (all levels and taxes)
15 Brother-in-law   30 Acquaintance

                    31 = Organization
                    0 = No Response
                       -1 = Don't Know

[IF ANSWER IS 26, 29 OR 31 GO TO SR4P]

SR4G
Gender:

                    1   Male
                    2   Female

SR4A
And how old are they?   [Specify years]

-1   Don't know
0   No Response

SR4P
Where do they live? (READ)

1   In the same household as you
2   In the same building as you
3   In the same neighbourhood or community as you
          (30 minutes or less by foot or bus)
4   In the surrounding area to your neighbourhood or community
          (less than an hour by car)
5   Less than a half day's journey each way by land travel
          (a round trip with a two hour visit)
6   More than a half day's journey each way by land travel

if (SR4r = 31) show "Where are they located? (READ) " 3 1

SR4W
Why did they do this for you?

1   That is the way these activities are shared in your house
2   That is the way things are done with your family/friends
3   You do things for them.
4   You have long-term health problems or physical limitations
5   You were going through temporary difficult times
6   Time constraints did not allow you to do it for yourself
7   You did not have the knowledge/skills to do it yourself
8   You did not have the supplies/equipment needed
9   Other

SR4Q
In the past month, how often have they done this for you?

1   At least once in the past month
2   At least once a week
3   Several times a week
4   Daily

SR5
In the past month has anyone done any outdoor work for you such as painting and minor repairs, shovelling snow or chopping firewood?

1   Yes (GO TO <SR5N>)
2   No (Skip to SR6)

if (rostnum <> 1) show "Did anyone else do any outdoor work for you?" 2 1

SR5N
What is the first name of this person who did this task for you or the name of this organization
that did this task for you?

show "Relatives" 3 1 10 63
show "Friends " 3 23 10 63
show "Others"   3 43 10 63

Sr5o
Name of other person or organization:

SR5r
And their relationship to you is:

1 Spouse/Common-law partner	16 Sister-in-law
2 Ex-Spouse/Ex-partner	17 Nephew
3 Son/Stepson	18 Niece
4 Daughter/Stepdaughter	19 Uncle
5 Father	20 Aunt
6 Mother	21 Cousin
7 Brother	22 Same sex partner
8 Sister	23 Close friend
9 Grandson	24 Neighbour
10 Granddaughter	25 Co-worker
11 Son-in-law	26 Non-Governmental Organization
12 Daughter-in-law	27 Paid employee/worker
13 Father-in-law	28 Other (Specify)
14 Mother-in-law	29 Government (all levels and taxes)
15 Brother-in-law	30 Acquaintance

31 = Organization

0 = No Response
-1 = Don't Know

[IF ANSWER IS 26, 29 OR 31 GO TO SR5P]

SR5G
Gender:

1   Male
2   Female

SR5A
And how old are they?   [Specify years]

-1   Don't know
0   No Response

SR5P
Where do they live? (READ)

1	In the same household as you
2	In the same building as you
3	In the same neighbourhood or community as you (30 minutes or less by foot or bus)
4	In the surrounding area to your neighbourhood or community (less than an hour by car)
5	Less than a half day's journey each way by land travel (a round trip with a two hour visit)
6	More than a half day's journey each way by land travel

if (SR5r = 31) show "Where are they located? (READ) "

SR5W
Why did they do this for you?

1   That is the way these activities are shared in your house
2   That is the way things are done with your family/friends
3   You do things for them.
4   You have long-term health problems or physical limitations
5   You were going through temporary difficult times
6   Time constraints did not allow you to do it for yourself
7   You did not have the knowledge/skills to do it yourself
8   You did not have the supplies/equipment needed
9   Other

SR5Q
In the past month, how often have they done this for you?

1	At least once in the past month
2	At least once a week
3	Several times a week
4	Daily

SR6
In the past month has anyone provided you with transportation for medical appointments?

1	Yes GO TO <SR6N>
2	No Skip to SR7

if (rostnum <> 1) show "Did anyone else provide any transportation for medical appointments for you?"

SR6N
What is the first name of this person who did this task for you or the name of this organization
that did this task for you?

show "Relatives" 3 1 10 63
show "Friends " 3 23 10 63
show "Others"   3 43 10 63
if (ans < 36) skp sr6w

Sr6o
Name of other person or organization:

SR6r
And their relationship to you is:

1 Spouse/Common-law partner   16 Sister-in-law
2 Ex-Spouse/Ex-partner   17 Nephew
3 Son/Stepson   18 Niece
4 Daughter/Stepdaughter   19 Uncle
5 Father   20 Aunt
6 Mother   21 Cousin
7 Brother   22 Same sex partner
8 Sister   23 Close friend
9 Grandson   24 Neighbour
10 Granddaughter   25 Co-worker
11 Son-in-law   26 Non-Governmental Organization
12 Daughter-in-law   27 Paid employee/worker
13 Father-in-law   28 Other (Specify)
14 Mother-in-law   29 Government (all levels and taxes)
15 Brother-in-law   30 Acquaintance

                    31 = Organization

                    0 = No Response
                      -1 = Don't Know

[IF ANSWER IS 26, 29 OR 31 GO TO SR6P]

SR6G
Gender:

            1   Male
            2   Female

SR6A
And how old are they?   [Specify years]

            -1   Don't know
             0   No Response

SR6P
Where do they live? (READ)

1	In the same household as you
2	In the same building as you
3	In the same neighbourhood or community as you (30 minutes or less by foot or bus)
4	In the surrounding area to your neighbourhood or community (less than an hour by car)
5	Less than a half day's journey each way by land travel (a round trip with a two hour visit)
6	More than a half day's journey each way by land travel

if (SR6r = 31) show "Where are they located? (READ) "

SR6W
Why did they do this for you?

1   That is the way these activities are shared in your house
2   That is the way things are done with your family/friends
3   You do things for them.
4   You have long-term health problems or physical limitations
5   You were going through temporary difficult times
6   Time constraints did not allow you to do it for yourself
7   You did not have the knowledge/skills to do it yourself
8   You did not have the supplies/equipment needed
9   Other

SR6Q
In the past month, how often have they done this for you?

1	At least once in the past month
2	At least once a week
3	Several times a week
4	Daily

SR7
In the past month has anyone provided you with transportation for necessary outings such as shopping or banking?

1	Yes (GO TO <SR7N>)
2	No (Skip to SR8)

if (rostnum <> 1) show "Did anyone else provide any transportation for necessary outings for you?

SR7N
What is the first name of this person who did this task for you or the name of this organization that did this task for you?

show "Relatives" 3 1 10 63
show "Friends " 3 23 10 63
show "Others"   3 43 10 63
if (ans < 36) skp sr7w

Sr7o
Name of other person or organization:

SR7r
And their relationship to you is:

1 Spouse/Common-law partner	16 Sister-in-law
2 Ex-Spouse/Ex-partner	17 Nephew
3 Son/Stepson	18 Niece
4 Daughter/Stepdaughter	19 Uncle
5 Father	20 Aunt
6 Mother	21 Cousin
7 Brother	22 Same sex partner
8 Sister	23 Close friend
9 Grandson	24 Neighbour
10 Granddaughter	25 Co-worker
11 Son-in-law	26 Non-Governmental Organization
12 Daughter-in-law	27 Paid employee/worker
13 Father-in-law	28 Other (Specify)
14 Mother-in-law	29 Government (all levels and taxes)
15 Brother-in-law	30 Acquaintance

31 = Organization

0 = No Response
-1 = Don't Know

[IF ANSWER IS 26, 29 OR 31 GO TO SR7P]

SR7G
Gender:

1   Male
2   Female

SR7A
And how old are they?   [Specify years]

-1   Don't know
0   No Response

SR7P
Where do they live? (READ)

1	In the same household as you
2	In the same building as you
3	In the same neighbourhood or community as you (30 minutes or less by foot or bus)
4	In the surrounding area to your neighbourhood or community (less than an hour by car)
5	Less than a half day's journey each way by land travel (a round trip with a two hour visit)
6	More than a half day's journey each way by land travel

if (SR7r = 31) show "Where are they located? (READ) " 3 1

SR7W
Why did they do this for you?

1   That is the way these activities are shared in your house
2   That is the way things are done with your family/friends
3   You do things for them.
4   You have long-term health problems or physical limitations
5   You were going through temporary difficult times
6   Time constraints did not allow you to do it for yourself
7   You did not have the knowledge/skills to do it yourself
8   You did not have the supplies/equipment needed
9   Other

SR7Q
In the past month, how often have they done this for you?

1	At least once in the past month
2	At least once a week
3	Several times a week
4	Daily

SR8
In the past month has anyone provided you with transportation for social outings?

1	Yes (GO TO <SR8N>)
2	No (Skip to SR9)

if (rostnum <> 1) show "Did anyone else provide transportation for social outings for you?"

SR8N
What is the first name of this person who did this task for you or the name of this organization that did this task for you?

show "Relatives" 3 1 10 63
show "Friends " 3 23 10 63
show "Others"   3 43 10 63
if (ans < 36) skp sr8w

Sr8o
Name of other person or organization:

SR8r
And their relationship to you is:

1 Spouse/Common-law partner	16 Sister-in-law
2 Ex-Spouse/Ex-partner	17 Nephew
3 Son/Stepson	18 Niece
4 Daughter/Stepdaughter	19 Uncle
5 Father	20 Aunt
6 Mother	21 Cousin
7 Brother	22 Same sex partner
8 Sister	23 Close friend
9 Grandson	24 Neighbour
10 Granddaughter	25 Co-worker
11 Son-in-law	26 Non-Governmental Organization
12 Daughter-in-law	27 Paid employee/worker
13 Father-in-law	28 Other (Specify)
14 Mother-in-law	29 Government (all levels and taxes)
15 Brother-in-law	30 Acquaintance

31 = Organization

0 = No Response
-1 = Don't Know

[IF ANSWER IS 26, 29 OR 31 GO TO SR8P]

SR8G
Gender:

1   Male
2   Female

SR8A
And how old are they?   [Specify years]

-1   Don't know
0   No Response

SR8P
Where do they live? (READ)

1   In the same household as you
2   In the same building as you
3   In the same neighbourhood or community as you
         (30 minutes or less by foot or bus)
4   In the surrounding area to your neighbourhood or community
         (less than an hour by car)
5   Less than a half day's journey each way by land travel
         (a round trip with a two hour visit)
6   More than a half day's journey each way by land travel

if (SR8r = 31) show "Where are they located? (READ) " 3 1

SR8W
Why did they do this for you?

1   That is the way these activities are shared in your house
2   That is the way things are done with your family/friends
3   You do things for them.
4   You have long-term health problems or physical limitations
5   You were going through temporary difficult times
6   Time constraints did not allow you to do it for yourself
7   You did not have the knowledge/skills to do it yourself
8   You did not have the supplies/equipment needed
9   Other

SR8Q
In the past month, how often have they done this for you?

1   At least once in the past month
2   At least once a week
3   Several times a week
4   Daily

SR9
In the past month has anyone assisted you with financial matters such as paying bills, banking and income tax, or legal matters such as creating wills, power of attorney, or transfer/sale of property or estate planning?

1   Yes (GO TO <SR9N>)
2   No (Skip to SR10)

if (rostnum <> 1) show "Did anyone else provide assistance with financial or legal matters?"

SR9N
What is the first name of this person who did this task for you or the name of this organization
that did this task for you?

show "Relatives" 3 1 10 63
show "Friends " 3 23 10 63
show "Others"   3 43 10 63
if (ans < 36) skp sr9w

Sr9o
Name of other person or organization:

SR9r
And their relationship to you is:

1 Spouse/Common-law partner	16 Sister-in-law
2 Ex-Spouse/Ex-partner	17 Nephew
3 Son/Stepson	18 Niece
4 Daughter/Stepdaughter	19 Uncle
5 Father	20 Aunt
6 Mother	21 Cousin
7 Brother	22 Same sex partner
8 Sister	23 Close friend
9 Grandson	24 Neighbour
10 Granddaughter	25 Co-worker
11 Son-in-law	26 Non-Governmental Organization
12 Daughter-in-law	27 Paid employee/worker
13 Father-in-law	28 Other (Specify)
14 Mother-in-law	29 Government (all levels and taxes)
15 Brother-in-law	30 Acquaintance

31 = Organization

0 = No Response
-1 = Don't Know

[IF ANSWER IS 26, 29 OR 31 GO TO SR9P]

SR9G
Gender:

1   Male
2   Female

SR9A
And how old are they?   [Specify years]

-1   Don't know
0   No Response

SR9P
Where do they live? (READ)

        1   In the same household as you
        2   In the same building as you
        3   In the same neighbourhood or community as you
                   (30 minutes or less by foot or bus)
        4   In the surrounding area to your neighbourhood or community
                   (less than an hour by car)
        5   Less than a half day's journey each way by land travel
                   (a round trip with a two hour visit)
        6   More than a half day's journey each way by land travel

if (SR9r = 31) show "Where are they located? (READ) "

SR9W
Why did they do this for you?

1   That is the way these activities are shared in your house
2   That is the way things are done with your family/friends
3   You do things for them.
4   You have long-term health problems or physical limitations
5   You were going through temporary difficult times
6   Time constraints did not allow you to do it for yourself
7   You did not have the knowledge/skills to do it yourself
8   You did not have the supplies/equipment needed
9   Other

SR9Q
In the past month, how often have they done this for you?

        1   At least once in the past month
        2   At least once a week
        3   Several times a week
        4   Daily

SR10
In the past month has anyone made arrangements for you, such as obtaining information, making appointments or negotiating the provision of services?

        1   Yes (GO TO <SR10N>)
        2   No (Skip to SR11)

if (rostnum <> 1) show "Did anyone else make arrangements for you?" 2 1

SR10N

What is the first name of this person who did this task for you or the name of this organization that did this task for you?

show "Relatives" 3 1 10 63
show "Friends " 3 23 10 63
show "Others"   3 43 10 63
if (ans < 36) skp sr10w

Sr10o
Name of other person or organization:

SR10r
And their relationship to you is:

1 Spouse/Common-law partner	16 Sister-in-law
2 Ex-Spouse/Ex-partner	17 Nephew
3 Son/Stepson	18 Niece
4 Daughter/Stepdaughter	19 Uncle
5 Father	20 Aunt
6 Mother	21 Cousin
7 Brother	22 Same sex partner
8 Sister	23 Close friend
9 Grandson	24 Neighbour
10 Granddaughter	25 Co-worker
11 Son-in-law	26 Non-Governmental Organization
12 Daughter-in-law	27 Paid employee/worker
13 Father-in-law	28 Other (Specify)
14 Mother-in-law	29 Government (all levels and taxes)
15 Brother-in-law	30 Acquaintance

31 = Organization

0 = No Response
-1 = Don't Know

[IF ANSWER IS 26, 29 OR 31 GO TO SR10P]

SR10G
Gender:

1   Male
2   Female

SR10A
And how old are they?   [Specify years]

-1   Don't know
0   No Response

SR10P
Where do they live? (READ)

1	In the same household as you
2	In the same building as you
3	In the same neighbourhood or community as you (30 minutes or less by foot or bus)
4	In the surrounding area to your neighbourhood or community (less than an hour by car)
5	Less than a half day's journey each way by land travel (a round trip with a two hour visit)
6	More than a half day's journey each way by land travel

if (SR10r = 31) show "Where are they located? (READ) "

SR10W
Why did they do this for you?

1   That is the way these activities are shared in your house
2   That is the way things are done with your family/friends
3   You do things for them.
4   You have long-term health problems or physical limitations
5   You were going through temporary difficult times
6   Time constraints did not allow you to do it for yourself
7   You did not have the knowledge/skills to do it yourself
8   You did not have the supplies/equipment needed
9   Other

SR10Q
In the past month, how often have they done this for you?

1	At least once in the past month
2	At least once a week
3	Several times a week
4	Daily

SR11
In the past month has anyone checked up on you either in person or by telephone to make sure that you are okay?

1   Yes GO TO <SR11N>
2   No Skip to SR12

if (rostnum <> 1) show "Did anyone else check up on you?" 2 1

SR11N
What is the first name of this person who did this task for you or the name of this organization
that did this task for you?

show "Relatives" 3 1 10 63
show "Friends " 3 23 10 63
show "Others"   3 43 10 63
if (ans < 36) skp sr11w

Sr11o
Name of other person or organization:

SR11r
And their relationship to you is:

1 Spouse/Common-law partner	16 Sister-in-law
2 Ex-Spouse/Ex-partner	17 Nephew
3 Son/Stepson	18 Niece
4 Daughter/Stepdaughter	19 Uncle
5 Father	20 Aunt
6 Mother	21 Cousin
7 Brother	22 Same sex partner
8 Sister	23 Close friend
9 Grandson	24 Neighbour
10 Granddaughter	25 Co-worker
11 Son-in-law	26 Non-Governmental Organization
12 Daughter-in-law	27 Paid employee/worker
13 Father-in-law	28 Other (Specify)
14 Mother-in-law	29 Government (all levels and taxes)
15 Brother-in-law	30 Acquaintance

31 = Organization

0 = No Response
  -1 = Don't Know

[IF ANSWER IS 26, 29 OR 31 GO TO SR11P]

SR11G
Gender:

1   Male
2   Female

SR11A
And how old are they?   [Specify years]

-1   Don't know
0   No Response

SR11P
Where do they live? (READ)

1   In the same household as you
2   In the same building as you
3   In the same neighbourhood or community as you
          (30 minutes or less by foot or bus)
4   In the surrounding area to your neighbourhood or community
          (less than an hour by car)
5   Less than a half day's journey each way by land travel
          (a round trip with a two hour visit)
6   More than a half day's journey each way by land travel

if (SR11r = 31) show "Where are they located? (READ) " 3 1

SR11W
Why did they do this for you?

1   That is the way these activities are shared in your house
2   That is the way things are done with your family/friends
3   You do things for them.
4   You have long-term health problems or physical limitations
5   You were going through temporary difficult times
6   Time constraints did not allow you to do it for yourself
7   You did not have the knowledge/skills to do it yourself
8   You did not have the supplies/equipment needed
9   Other

SR11Q
In the past month, how often have they done this for you?

1   At least once in the past month
2   At least once a week
3   Several times a week
4   Daily

SR12
In the past month has anyone provided you with emotional support?

1   Yes (GO TO <SR12N>)
2   No (Skip to SR13)

if (rostnum <> 1) show "Did anyone else provide emotional support to you?" 2 1

SR12N
What is the first name of this person who did this task for you or the name of this organization that did this task for you?

Sr12o
Name of other person or organization:

SR12r
And their relationship to you is:

1 Spouse/Common-law partner	16 Sister-in-law
2 Ex-Spouse/Ex-partner	17 Nephew
3 Son/Stepson	18 Niece
4 Daughter/Stepdaughter	19 Uncle
5 Father	20 Aunt
6 Mother	21 Cousin
7 Brother	22 Same sex partner
8 Sister	23 Close friend
9 Grandson	24 Neighbour
10 Granddaughter	25 Co-worker
11 Son-in-law	26 Non-Governmental Organization
12 Daughter-in-law	27 Paid employee/worker
13 Father-in-law	28 Other (Specify)
14 Mother-in-law	29 Government (all levels and taxes)
15 Brother-in-law	30 Acquaintance

31 = Organization

0 = No Response
-1 = Don't Know

[IF ANSWER IS 26, 29 OR 31 GO TO SR12P]

SR12G
Gender:

1   Male
2   Female

SR12A
And how old are they?   [Specify years]

-1   Don't know
0   No Response

SR12P
Where do they live? (READ)

    1   In the same household as you
    2   In the same building as you
    3   In the same neighbourhood or community as you
            (30 minutes or less by foot or bus)
    4   In the surrounding area to your neighbourhood or community
            (less than an hour by car)
    5   Less than a half day's journey each way by land travel
            (a round trip with a two hour visit)
    6   More than a half day's journey each way by land travel

SR12W
Why did they do this for you?

1   That is the way these activities are shared in your house
2   That is the way things are done with your family/friends
3   You do things for them.
4   You have long-term health problems or physical limitations
5   You were going through temporary difficult times
6   Time constraints did not allow you to do it for yourself
7   You did not have the knowledge/skills to do it yourself
8   You did not have the supplies/equipment needed
9   Other

SR12Q
In the past month, how often have they done this for you?

    1   At least once in the past month
    2   At least once a week
    3   Several times a week
    4   Daily

SR13z
In the past month, have you provided care to someone with a long-term health problem?

    1   Yes
    2   No

If (ans = 2) skp SR14

SR13
In the past month has anyone given you a short break from your caregiving responsibilities?

    1 Yes   GO TO <SR13N>
    2 No Skip to SR14

if (rostnum <> 1) show "Did anyone else give you a short break from your caregiving responsibilities?

SR13N
What is the first name of this person who did this task for you or the name of this organization
that did this task for you?

show "Relatives" 3 1 10 63
show "Friends " 3 23 10 63
show "Others"   3 43 10 63

Sr13o
Name of other person or organization:

SR13r
And their relationship to you is:

1 Spouse/Common-law partner	16 Sister-in-law
2 Ex-Spouse/Ex-partner	17 Nephew
3 Son/Stepson	18 Niece
4 Daughter/Stepdaughter	19 Uncle
5 Father	20 Aunt
6 Mother	21 Cousin
7 Brother	22 Same sex partner
8 Sister	23 Close friend
9 Grandson	24 Neighbour
10 Granddaughter	25 Co-worker
11 Son-in-law	26 Non-Governmental Organization
12 Daughter-in-law	27 Paid employee/worker
13 Father-in-law	28 Other (Specify)
14 Mother-in-law	29 Government (all levels and taxes)
15 Brother-in-law	30 Acquaintance

31 = Organization

0 = No Response
-1 = Don't Know

[IF ANSWER IS 26, 29 OR 31 GO TO SR13P]

SR13G
Gender:

1   Male
2   Female

SR13A
And how old are they?   [Specify years]

-1   Don't know
0   No Response

SR13P
Where do they live? (READ)

1   In the same household as you
2   In the same building as you
3   In the same neighbourhood or community as you
         (30 minutes or less by foot or bus)
4   In the surrounding area to your neighbourhood or community
         (less than an hour by car)
5   Less than a half day's journey each way by land travel
         (a round trip with a two hour visit)
6   More than a half day's journey each way by land travel

Where are they located? (READ)

SR13W
Why did they do this for you?

1   That is the way these activities are shared in your house
2   That is the way things are done with your family/friends
3   You do things for them.
4   You have long-term health problems or physical limitations
5   You were going through temporary difficult times
6   Time constraints did not allow you to do it for yourself
7   You did not have the knowledge/skills to do it yourself
8   You did not have the supplies/equipment needed
9   Other

SR13Q
In the past month, how often have they done this for you?

                1   At least once in the past month
                2   At least once a week
                3   Several times a week
                4   Daily

SR14
Looking back over the past 12 months, has the amount of support you received from family and
friends:

                1 Decreased a lot   GO TO <SR15a>
                2 Decreased a little   GO TO <SR15a>
                3 Stayed the same   SKIP TO <SR16>
                4 Increased a little   GO TO <SR15b>
                5 Increased a lot   GO TO <SR15b>

SR15a
Why has the amount of support you have received from others decreased?

       1   My health has improved and I can do more for myself
       2   One or more of my friends or family members are not longer able
                    to do things for me
       3   I can't afford to purchase some services I used to received
       4   Some of the services I used to receive are no longer available
       5   Other

skp SR16

SR15b
Why has the amount of support you have received from other increased?

       1   My health has declined and I need more assistance
       2   Some of my family members/friends have more time to do things for me
       3   Some of the servicese that I need are now available in my community
       4   I have begun to purchase some services that I used to do for myself
       5   Other

SR16
In general, how satisfied are you with the amount of support you have received in the past 12 months?

       1   Very dissatisfied
       2   Fairly dissatisfied
       3   Neither satisfied nor dissatisfied
       4   Fairly satisfied
       5   Very satisfied

       8   Don't know
       0   No Response

SR17
Overall, please rate the adequacy of the support you have received in the past 12 months. (READ)

       1   Completely inadequate
       2   Somewhat inadequate
       3   Neither inadequate or adequate
       4   Somewhat adequate
       5   Completely adequate

       8   Don't know
       0   No Response

SCP1A

The next set of questions asks for your feelings about your community. How would you describe your community and the people who live there? What things go into a sense of belonging to this community? And what things do you value most about living in this place?

First, I would like to read you a list of qualities that may describe rural communities. I would like you to rate your community on a scale of one to five for each descriptor. A score of one means it does not describe your community at all. A score of five means it is an excellent description of your community.

My community is close to all of the services I need. (READ)

1	Does not describe my community at all
2	Is a poor description of my community
3	Is a fair description of my community
4	Is a good description of my community
5	Is an excellent description of my community
8	Don't Know
0	No Response

SCP1b
My community is small enough that everybody knows each other. (READ)

1	Does not describe my community at all
2	Is a poor description of my community
3	Is a fair description of my community
4	Is a good description of my community
5	Is an excellent description of my community
8	Don't Know
0	No Response

SCP1c
My community has lots of people over 65 years of age. (READ)

       1   Does not describe my community at all
       2   Is a poor description of my community
       3   Is a fair description of my community
       4   Is a good description of my community
       5   Is an excellent description of my community

       8   Don't Know
       0   No Response

SCP1d
Most people in this community have lived here a long time. (READ)

       1   Does not describe my community at all
       2   Is a poor description of my community
       3   Is a fair description of my community
       4   Is a good description of my community
       5   Is an excellent description of my community

       8   Don't Know
       0   No Response

SCP1e
People in my community provide a lot of support to each other. (READ)

       1   Does not describe my community at all
       2   Is a poor description of my community
       3   Is a fair description of my community
       4   Is a good description of my community
       5   Is an excellent description of my community

       8   Don't Know
       0   No Response

SCP2a

Second, I would like to ask you what gives you a sense of belonging in your community. I'm going to read a list. For each one, tell me how important each one is in giving you a sense of belonging in your community. A score of one means it is not at all important. A score of five means it is extremely important.

Having old friends

1   Not at all important
2   Somewhat important
3   Important
4   Very Important
5   Extremely important

8   Don't Know
0   No Response

SCP2b

Making new friends

1   Not at all important
2   Somewhat important
3   Important
4   Very Important
5   Extremely important

8   Don't Know
0   No Response

SCP2c

Knowing people in your neighbourhood

1   Not at all important
2   Somewhat important
3   Important
4   Very Important
5   Extremely important

8   Don't Know
0   No Response

SCP2d
Knowing where to go for services in your community

1   Not at all important
2   Somewhat important
3   Important
4   Very Important
5   Extremely important

8   Don't Know
0   No Response

SCP2e
Having a lived in my community for a long time

1   Not at all important
2   Somewhat important
3   Important
4   Very Important
5   Extremely important

8   Don't Know
0   No Response

SCP2f
Having a place of worship

1   Not at all important
2   Somewhat important
3   Important
4   Very Important
5   Extremely important

8   Don't Know
0   No Response

SCP3
Overall, how would you rate your sense of belonging in this community?

1   I feel like I do not belong at all
2   I feel like I belong somewhat
3   I feel neutral (neither belong nor do not belong)
4   I feel like I belong quite well
5   I feel like I am really part of this community

8   Don't Know
0   No Response

SCP4

Some people say that rural communities are a great place to grow old: others say they are not. I am going to read you a list of things that might make a rural community a good place to grow old. I want to know how important each of these is to making your community a good place for you to grow old. A score of one means it is not at all important. A score of five means it is extremely important. I would really like your candid opinion about characteristics of your community that you think makes it a good place to grow old and characteristics of your community that do not contribute to it being a good place to grow old.

Having family members close by

1	Not at all important
2	Somewhat important
3	Important
4	Very Important
5	Extremely important
8	Don't Know
0	No Response

SCP5

Having old friends close by

1	Not at all important
2	Somewhat important
3	Important
4	Very Important
5	Extremely important
8	Don't Know
0	No Response

SCP6

Having good neighbours

1	Not at all important
2	Somewhat important
3	Important
4	Very Important
5	Extremely important
8	Don't Know
0	No Response

SCP7
Having people in my community recognize me and talk to me

    1   Not at all important
    2   Somewhat important
    3   Important
    4   Very Important
    5   Extremely important

    8   Don't Know
    0   No Response

SCP8
Doing things for others

    1   Not at all important
    2   Somewhat important
    3   Important
    4   Very Important
    5   Extremely important

    8   Don't Know
    0   No Response

SCP9
Having others who will do things for you

    1   Not at all important
    2   Somewhat important
    3   Important
    4   Very Important
    5   Extremely important

    8   Don't Know
    0   No Response

SCP10
Being close to services

    1   Not at all important
    2   Somewhat important
    3   Important
    4   Very Important
    5   Extremely important

    8   Don't Know
    0   No Response

SCP11
Having opportunities to be involved in my community

       1   Not at all important
       2   Somewhat important
       3   Important
       4   Very Important
       5   Extremely important

       8   Don't Know
       0   No Response

SCP12
Feeling like I belong in my community

       1   Not at all important
       2   Somewhat important
       3   Important
       4   Very Important
       5   Extremely important

       8   Don't Know
       0   No Response

SCP13
Living in a community that is clean and tidy

       1   Not at all important
       2   Somewhat important
       3   Important
       4   Very Important
       5   Extremely important

       8   Don't Know
       0   No Response

SCP14
Living in a community that is a quiet place to live

       1   Not at all important
       2   Somewhat important
       3   Important
       4   Very Important
       5   Extremely important

       8   Don't Know
       0   No Response

SCP15
Living in a community that is affordable

      1   Not at all important
      2   Somewhat important
      3   Important
      4   Very Important
      5   Extremely important

      8   Don't Know
      0   No Response

SCP16
Living in a community that has good weather/climate

      1   Not at all important
      2   Somewhat important
      3   Important
      4   Very Important
      5   Extremely important

      8   Don't Know
      0   No Response

SCP17
Being surrounded by a beautiful physical landscape

      1   Not at all important
      2   Somewhat important
      3   Important
      4   Very Important
      5   Extremely important

      8   Don't Know
      0   No Response

SCP18
Overall then, how would you rate your community as a place to grow old?

      1   Poor
      2   Fair
      3   Good
      4   Very Good
      5   Excellent

      8   Don't Know
      0   No Response

SCP19
Overall, much impact do you feel you have had in making this place a good community to live?

       1   No impact
       2   A small amount
       3   A moderate amount
       4   A considerable amount
       5   A large amount

       8   Don't Know
       0   No Response

SCP20
How important is it to you to maintain ties with other people in this community?

       1   Not at all important
       2   Somewhat important
       3   Important
       4   Very Important
       5   Extremely important

       8   Don't Know
       0   No Response

SCP21
How important is it to you to establish new ties with other people in this community?

       1   Not at all important
       2   Somewhat important
       3   Important
       4   Very Important
       5   Extremely important

       8   Don't Know
       0   No Response

SCP22
Would you say that you trust

       1   Nobody else in your community?
       2   A few of the people in your community?
       3   Many people in your community?
       4   Most of the people in your community?
       5   Everyone in your community?

       8   Don't Know
       0   No Response

D1
Finally, we need to describe the group of people answering this survey. We will talk about the group in terms of marital status, education, health, age, and income. These features may also affect the support an individual provides or receives. The information you share will be kept confidential. There is no way that you can be identified from the answers that you provide.

What is your marital status?

        1   Married
        2   Living common-law
        3   Widowed
        4   Separated
        5   Divorced
        6   Single, never married

        0   No Response

D2
What is the highest level of formal education you have completed?

        1   No formal education
        2   Elementary school
        3   Secondary school
        4   Postsecondary degree, certificate or diploma
        5   Graduate degree

        0   No Response

D3
What is your employment status?

        1   Not employed/retired
        2   Employed part-time
        3   Employed part-year
        4   Employed full-time

        0   No Response

H1
Now I would like to ask you some questions about your health.

a) Compared to other people your age, in general would you say that your health is:

        1   poor
        2   fair
        3   good
        4   very good
        5   excellent

        0   No Response
        8   Don't Know

H2
b) Do you have any long-term health problems or disabilities?

       1   Yes
       2   No

       0   No Response

if (ans <> 1) skp H4

H3
c) How often do long-term health problems or disabilities affect your ability to be involved in (or take part in) community activities? Would you say...

       1   never
       2   rarely
       3   some of the time
       4   most of the time
       5   all of the time

       8   don't know
       0   no response

H4
How would you describe your satisfaction with life in general at present? Would you say it is: (READ)

       1   poor
       2   fair
       3   good
       4   very good
       5   excellent

       8   don't know
       0   no response

YRBORN
What year were you born?

WARSER1
Have you ever had any wartime service (WWII, Korea) in the military forces of Canada or its allies? Include military service in the forces of Newfoundland before 1949. (Note: If respondent asks, say that this excludes Civilian service such as Merchant Marine and Red Cross).

       1   Yes
       2   No

if (ans = 2) skp I1

WARSER2
SOME OLDER ADULTS ARE CLIENTS OF VETERANS AFFAIRS CANADA.
V.A.C. CLIENTS RECEIVE SERVICES SUCH AS THE VETERANS INDEPENDENCE
PROGRAM OR WAR VETERANS ALLOWANCE.

Are you a client of Veterans Affairs Canada?

> 1   Yes
> 2   No (GO TO I1)

WARSER3
What VAC programs or benefits do you receive?

WARSER3_1 Veterans Independence Program
WARSER3_2 Health Care Treatment Benefits
WARSER3_3 Disability Pension
WARSER3_4 Attendance Allowance
WARSER3_5 War Veterans Allowance
WARSER3_6 No other exit

I1
What is your best estimate of your total income, before deductions, from all sources
(employment earnings, assets, investments, and pensions) during the past 12 months?

a) Was your total income

> 1   less than $20,000
> 2 $20,000 and more (GO TO I5)
>
> 0   No Response (GO TO I11)
> 8   Don't know (GO TO I11)

I2
b) Was your total income

> 1   less than $10,000
> 2 $10,000 and more (GO TO I4)
>
> 0   No Response (GO TO I11)
> 8   Don't know (GO TO I11)

I3
5) Was your total income

> 1   No income or loss
> 2   less than $5,000
> 3 $5,000 and more
>
> 0   No Response
> 8   Don't know

[INTERVIEWER NOTE: (GO TO I11)]

I4

d) Was your total income

        1   less than $15,000
        2        $15,000 and more

        0   No Response
        8   Don't know

[INTERVIEWER NOTE: (GO TO I11)]

I5

e) Was your total income

        1   less than $40,000
        2        $40,000 and more (GO TO I7)

        0   No Response (GO TO I11)
        8   Don't know (GO TO I11)

I6

f) Was your total income

        1   less than $30,000
        2        $30,000 and more

        0   No Response
        8   Don't know

[INTERVIEWER NOTE: (GO TO I11)]

I7

g) Was your total income

        1   less than $50,000 (GO TO I11)
        2        $50,000 and more (GO TO I8)

        0   No Response (GO TO I11)
        8   Don't know (GO TO I11)

I8

h) Was your total income

        1   less than $60,000 (GO TO I11)
        2        $60,000 and more (GO TO I9)

        0   No Response (GO TO I11)

8   Don't know (GO TO I11)

I9
Was your total income

1   less than $80,000 (GO TO I11)
2        $80,000 and more (GO TO I10)

0   No Response (GO TO I11)
8   Don't know (GO TO I11)

I10
j) Was your total income

1   less than $100,000
2        $100,000 and more

0   No Response
8   Don't know

I11
Do you usually have enough money to take care of those little extras?

1   yes (ASK I12)
2   no (GO TO I13)

0   No Response
8   Don't know

I12
Would you say: (READ)

1   You can usually afford most of what you want.
2   You can buy anything you want.

0   No Response
8   Don't know

[GO TO I14]

I13
Would you say: (READ)

      1   Even if you watch your budget very carefully
               you cannot buy anything extra
      2   If you watch your budget you can occasionally
               buy something extra

      0   No Response
      8   Don't know

I14
How often does money restrict your ability to be involved in (or take part in) community activities?

      1   never
      2   rarely
      3   some of the time
      4   most of the time
      5   all of the time

      0   No Response
      8   Don't know

CONTACT
Are you willing to be contacted again in the future so that we can ask about what might have changed in your life?

      1   Yes
      2   No   (GO TO THANKS)

CNAME
Thank you, I want to assure you that the information that you have provided will be anonymous. To accomplish that, your name and telephone number will be kept separate from the information you provided in this questionnaire.

What is your first name?

(HAVE RESPONDENT CONFIRM SPELLING OF FIRST AND LAST NAME EVEN FOR WHAT SEEMS AN 'EASY'NAME LIKE Carol Smith, WHICH COULD BE SPELLED Carole Smyth, Karyl Smythe, ETC.)

SURNAME
Surname (Last name)

    PRESS '1' TO CONTINUE

TEL2
Confirm telephone number including area code.

                1   Yes
                2   No other_____

THANKS
On behalf of Canadian researchers and the Royal Canadian Legion, I want to thank you for
talking with me today. We will draw on your experiences to suggest ways that Veterans Affairs
Canada can improve programs for rural seniors. Look for updates on this project in future issues
of the Legion magazine. If you have any questions or comments, please contact the project
manager, Jacquie Eales, at (780) 492-2865 (collect).
          Press "1" to continue

Declare
I declare that this interview was conducted in accordance with the interviewing and sampling
instructions given by the PRL. I agree that the content of all the respondent's responses will be
kept confidential and that this information is complete and accurate.

  2. ENTER YOUR INTERVIEWER NUMBER ____

Length
Please estimate the time of this interview after editing in this window. Use "esc" or "pageup" to
go back and edit your responses.

               In minutes:

BLAST
This the end of the survey. Press "1" at this point to terminate and complete the interview.

TERMZ
Our quotas for age and sex for rural seniors has been filled thank you for your time.

     Press "1" to terminate