

Bristol Older People's Forum

Life Under Lockdown

Research Findings

www.bopf.org.uk

Autumn 2020



BOPF *Life Under Lockdown* introduction

This Life Under Lock-down survey is phase one of a two-year piece of research looking at the challenges facing a snapshot of older people in Bristol. The research took place between May and June 2020 and included on-line and hard-copy formats of the questionnaire (page 8 of the report).

One of the most significant observations we found, was that the hard-copy postal version of questionnaire was completed by a far higher percentage of older people in the advanced age group (75+). This may reflect the fact that this generation are more likely to be digitally excluded.

The postal questionnaire also identified higher percentages of disabled people, lower levels of connection to family and friends and most revealing, higher levels of isolation and loneliness.

There were also some positive aspects of the lock-down, identified by all respondents, with an increase in neighbourliness, more time for hobbies and pastimes and a cleaner environment.

Anger with the Government, particularly from older respondents, was also highlighted.

Phase two of this project, will include developing a research group of older people to explore some of the themes and findings in greater depth.

We will also be extending the project to look at the affects of lock-down and the wider implications of the pandemic on Bristol's BAME Elders.

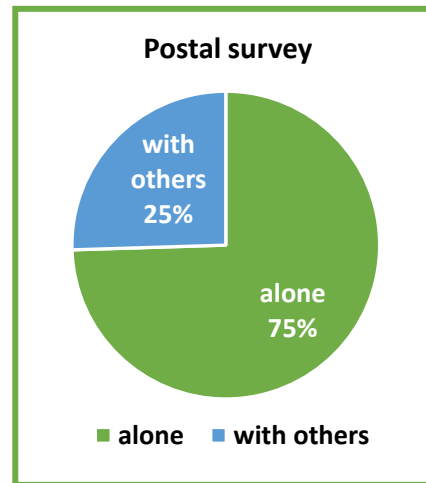
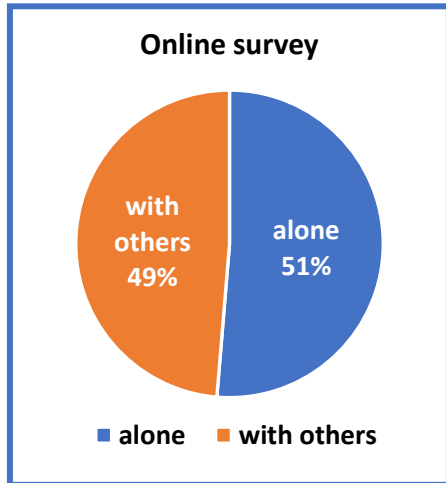
Further development will see us working in partnership with Bristol City Council, the Clinical Commissioning Group (CCG), the voluntary sector and university academics, with a plan for the findings to help sharpen and improve intervention and policy around Covid-19 over the coming months.

Finally, our project will continue to place older people at its core and ensure that they are seen as part of the solution rather than reinforcing ageist assumptions of older people as a 'problem' or 'burden'.

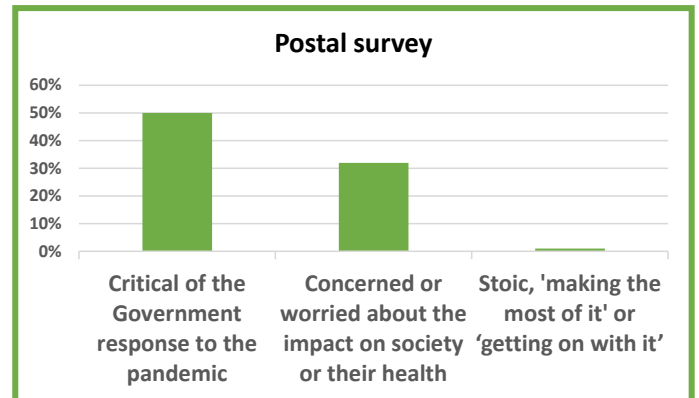
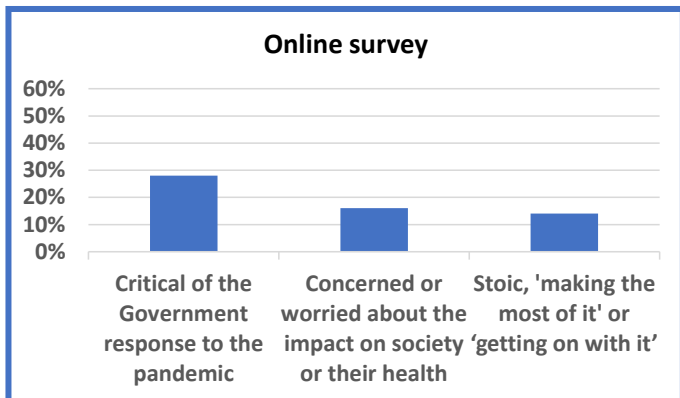
Ian Quaife, BOPF Engagement and Development Manager

Online and postal BOPF *Life Under Lockdown* survey findings

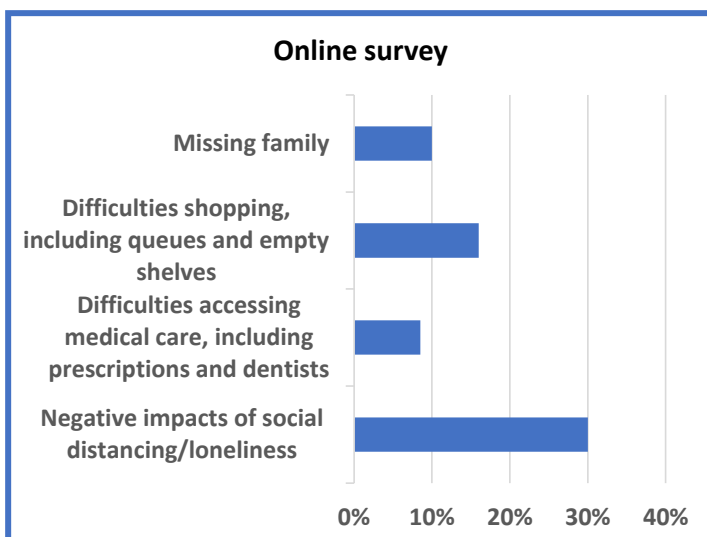
Are you living alone or with others?



What are your thoughts on the current Coronavirus pandemic?



Have you faced any particular challenges during the lock-down period?



Postal Survey

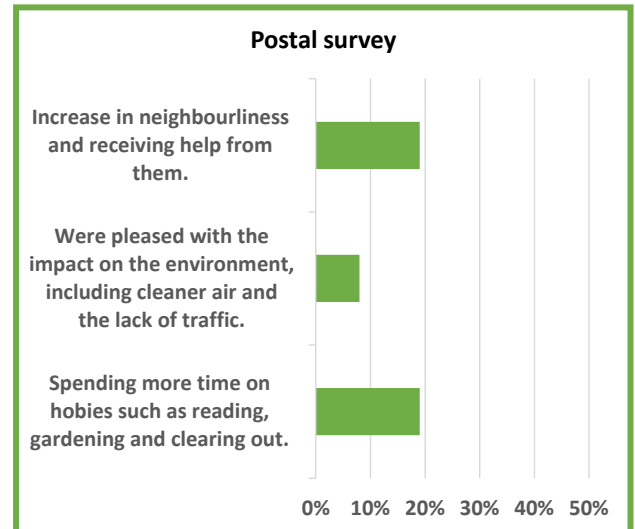
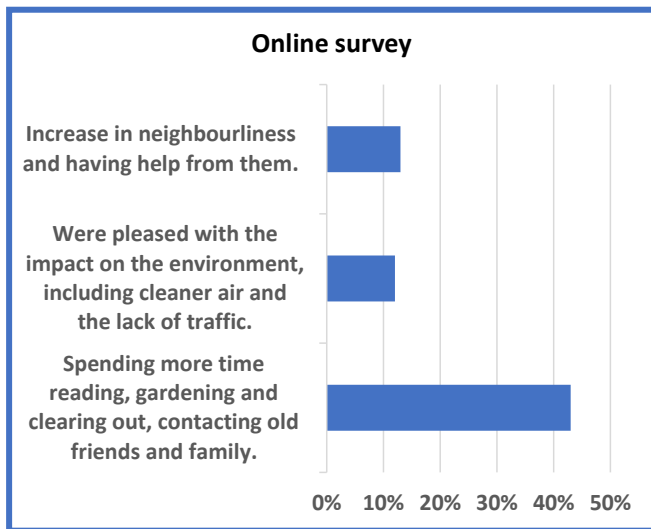
84% reported having faced challenges.

The main challenge were feelings of loneliness and isolation. Being away from family and friends and access to GP services and medical care.

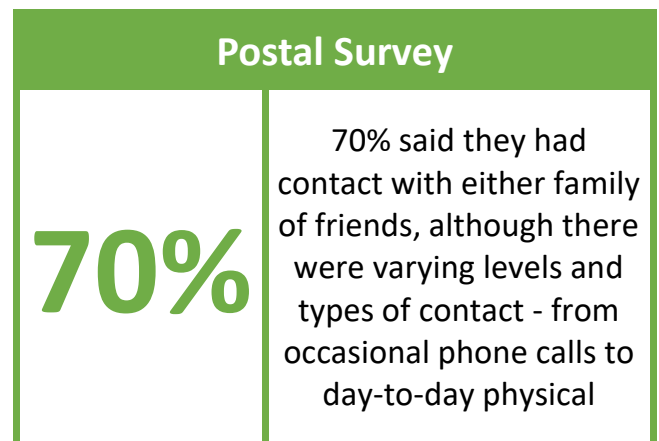
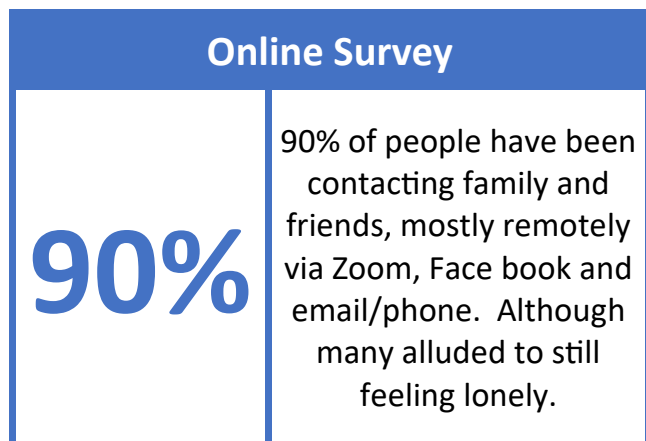
'Not being able to mix socially.'

Other issues included - concerns for people without a garden, feelings of confinement and death of a loved one.

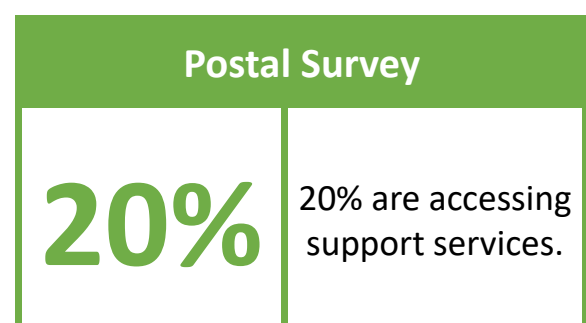
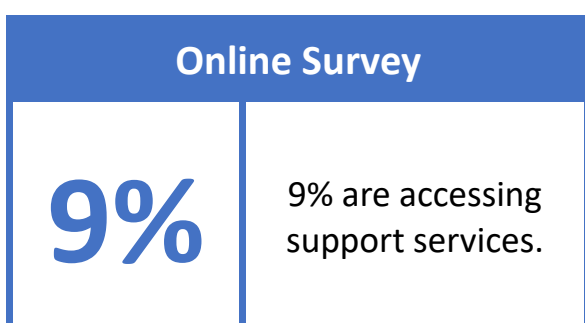
Has there been any positive aspects for you during the lock-down period?



Do you have support or contact with family members or your friends (either living with you or remotely)?



Are you accessing any particular support services? for example, a social care package or meals on wheels



Do you think there is anything that could or should change for the better in society after the present situation is over?

Online survey

"A genuine effort to address the health and social inequalities in the county."

"Where do I start?! Being realistic I might hope for better pay & conditions for key workers (in a broad sense), more urgency over environmental concerns, more space allocated to walking and cycling, much better funding of the NHS and major changes in the funding and organisation of social care."

"I'm hopeful that the spirit of helping and supporting each other will become part of our culture."

"I hope people will start to enjoy simple things, spend time together and not so materialistic"

"Green issues and a better awareness of importance of local food production. More caring society."

Postal survey

"More funding for the NHS"

24% mentioned the need for more tolerance, neighbourliness and kindness.

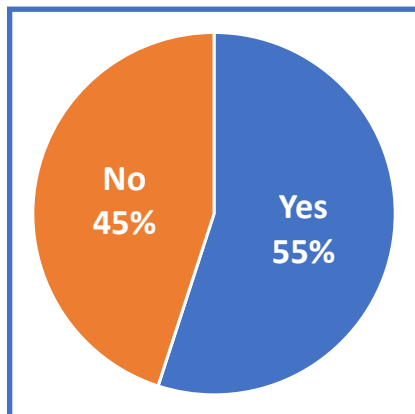
10% mentioned the need to have higher environmental standards and less car travel.

"Care and respect for older people"

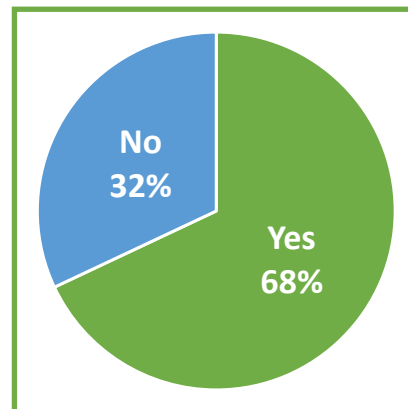
"A review of care homes"

Do you have any long term health problems or disability?

Online survey



Postal survey



Do you have any further issues or thoughts you would like to share?

“Covid-19 has exposed the inequalities in our country..which were pretty obvious to those that looked carefully, but apparently not to many. It is clear we need to operate on a global scale in many circumstances. 'Taking back control' is not so easy with a pandemic. And now UK is refusing to co-operate with the EU on climate change/ environment!”

“Please let us not go back to exactly how things were before, so much wrong with excessive consumption and plastic and electronic waste. We oldies remember it being ok back in the 50s we just need good food and shelter and a few activities to do!”

“I am extremely concerned about the CERTAINTY of food scarcity and high prices in the coming months and even years, as the UK leaves the EU and the combined impact of a lack of farm hands, impacts of Climate Change-related forecast high temperatures for 2020 on foreign food imports”

“Lockdown has given me an insight into how much a friend a neighbour and most of all family is absolutely necessary to the wellbeing of each of us and to become a better friend, neighbour and most of all family member.”

“I cannot imagine life now without a radio, TV and computer. My computer was bought from the Bristol Council scheme which uses their old refurbished PCs, which I bought very reasonably and ready to use. They are specifically for older people. It took me a long time to get confidence in using it.”

“Thank you for your open-ended survey questions.”

Equality Data

	Online	Postal
Ethnic group		
White British	90%	90%
White other	4%	0%
Mixed/multiple ethnic groups	1%	4%
Asian/Asian British	1%	4%
Black/African/Caribbean and Black British	2%	2%
Other	1%	0%
Gender identity		
Female	74%	63%
Male	24%	37%
Other	1%	0%
Age range		
55-65	24%	12%
66-75	46%	31%
76 and older	30%	57%
Considered disabled		
Yes	29%	50%
No	71%	50%
Belonging to a Faith Group		%
Yes	42%	40%
No	58%	60%
Sexual orientation		
Heterosexual	73%	49%
Lesbian/Gay/Bisexual	7%	2%
Other	20%	49%

Questionnaire

The **Life Under Lockdown** questionnaire below is part of our **Bristol Join-Up Project** and was sent to our BOPF Members in May 2020 to find out what our members are feeling about the prevailing circumstances as we experience the Coronavirus pandemic and the current lock-down restrictions.

There were 153 online responses and 52 postal responses. These findings will form part of a BOPF research journal and will help evaluate how this challenging period is affecting older people aged 55 and over.

1. Are you living alone or with others? alone with others
2. What are your thoughts on the current Coronavirus pandemic?
3. Have you faced any particular challenges during the lock-down period?
4. Has there been any positive aspects for you during the lock-down period?
5. Do you have support or contact with family members (either living with you or remotely) or your friends?
6. Are you accessing any particular support services? For example, a social care package or meals on wheels.
7. Do you think there is anything that could or should change for the better in society after the present situation is over?
8. Do you have any long term health problems or disability? Yes No
9. If yes, how has this affected you during lockdown?
10. Do you have any further issues or thoughts you would like to share?

Equality Data

11. What ethnic group do you belong to?
 White British White other Mixed/multiple ethnic groups
 Asian/Asian British Black/African/Caribbean/Black British Other
12. Are you: Male Female Other Prefer not to say
13. What is your age range? 55-65 66-75 76 and older
14. Do you consider yourself to be a disabled person? Yes No
15. Do you identify as belonging to a faith group? Yes No
16. What is your sexual orientation? *Leave blank if you would prefer not to say*

