

Assistive Technology (AT) Wellbeing Questionnaire

This questionnaire has been co-created with LOTI AT leads for the purpose of consistently assessing the wellbeing of individuals taking part in LOTI pilots conducted by Hackney and Greenwich.

Through a series of questions, relating to the individual's holistic wellbeing, we seek to capture: i) their assessment of their own wellbeing, ii) their context and circumstances with the view to identifying gaps that a particular AT could support with.

As these questions might raise personal and sensitive issues for the participant, it is important they are informed of the nature of the questionnaire before commencing, and that they are in. It is also important that the researcher is able to raise any safeguarding concerns with an appropriate member of staff in adult social care.

[add link to research section on Gov.uk website]

The five categories we'll be using to assess their holistic wellbeing are:

1. Health

- Physical health (fitness)
- Exercise
- Mental health
- Support

2. Relationships

- Friendship networks or groups (i.e.; faith and support)
- Informal carers
- Family network

3. Purpose

- Tasks /Clubs
- Interests
- Fun
- Overall Outlook

4. Environment

- Living conditions
- Area
- Access to outside spaces

5. Security (more relevant to Greenwich)

- Safety
- Perception of danger (ASB)

Questions

1. With 1 being 'Very poor' and 5 being 'Excellent', how would you rate your fitness?

- 1- Very poor
- 2- Below average
- 3- Average
- 4- Above average
- 5- Excellent

2. Are you planning to improve your fitness?

- Yes
- No

If yes, do you feel you need any support to improve your fitness?

- Yes
- No

3. How often have you accessed outside spaces/nature in the past month?

- Never
- Rarely
- Sometimes (3-4 days a week)
- Often (4 - 5 days a week)
- Always / every day

4. How many times a week do you see friends and family?

- Never
- 1-2 days
- 3-4 days
- 5-6 days
- Every day

5. Who do you enjoy speaking with the most?

Answer: _____

Categorise:

- Family
- Friend
- Professional
- Faith leader
- Other (please specify) _____

6. How many times a week are you visited by a home care worker?

- Never
- 1-2 days
- 3-4 days
- 5-6 days
- Every day

7. With 1 being 'Never' and 5 being 'Always', how often do you feel stressed or anxious?

- 1- Never
- 2- Rarely
- 3- Sometimes
- 4- Often
- 5- Always

[If often or always] Tell me more about why you think you feel that way.

8. How would you describe your current wellbeing and outlook for the future?

- Very negative
- Negative

- Neutral
- Positive
- Very Positive

9. Tell me three things that make you happy:

10. What are your interests and how often do you pursue them?

Key interests: _____

Based on [this list](#), code category:

- General
- Educational
- Collection
- Competitive
- Observational

Code:

- Social
- Individual

Code frequency:

- Never
- Rarely
- Sometimes
- Often
- Always

[If never or rarely], why not more often? _____

11. How easy is it for you to contact your GP if you have any issues?

- Very difficult
- Difficult
- Easy
- Very easy

12. How often do you attend groups, clubs or faith groups/events?

- Never
- Once a month
- A few times a month
- Many times a month
- Most days

If never, would you like to be part of a group/club?

- a. Yes
- b. No

I'm going to give you a list of statements where I'd like you to give me a number between 1-5 that describes how you feel. With 1 being 'Strongly disagree' and 5 being 'Strongly agree':

13. I have a good relationship with my neighbours.

- 1- Strongly disagree
- 2- Disagree
- 3- Neither agree nor disagree
- 4- Agree
- 5- Strongly agree

14. My home environment is relaxing

- 1- Strongly disagree
- 2- Disagree
- 3- Neither agree nor disagree
- 4- Agree
- 5- Strongly agree

15. I feel safe in my home [Greenwich only?]

- 1- Strongly disagree

- 2- Disagree
- 3- Neither agree nor disagree
- 4- Agree
- 5- Strongly agree

[If scores 1 or 2] Tell me a little bit about your answer.

16. I feel safe when I leave my home [Greenwich only?]

- 1- Strongly disagree
- 2- Disagree
- 3- Neither agree nor disagree
- 4- Agree
- 5- Strongly agree

[If scores 1 or 2] Tell me a little bit about your answer.

17. I'm very confident using new technology

- 1- Strongly disagree
- 2- Disagree
- 3- Neither agree nor disagree
- 4- Agree
- 5- Strongly agree

18. How do you use the internet?

I use the internet for:

- Reading news
- Watching TV/films
- Instant messaging (like WhatsApp or Messenger)

- Sending / receiving emails
- Social media (like Facebook or Twitter)
- Online shopping
- Government services (e.g. reporting housing repairs, or paying council tax)
- Online banking
- I don't access the internet

- [If someone responds by ticking the red only, they are between 1-3 on the [Digital Inclusion Scale](#)
- If someone responds 1 thing in yellow, they are likely to be between 4-5
- If someone responds ticking at least 2 things in yellow, they are likely to be 6
- If a response with at least one green, they are likely to be at least a 7 which is 'basic digital skills']

Initial score: _____

Score Adjustment

- c. If score is 4+: How confident are you using the internet?
 - Not at all confident (minus 1 from DMS)
 - In Between (no change to DMS)
 - Very Confident (add 1 to DMS)
- d. If score 1-6: Do you have anything that you can access the internet on?
 - i. Laptop
 - ii. Tablet
 - iii. Mobile phone (smartphone vs non)
 - iv. Other?
 - v. I don't have any devices
- e. All participants: How confident are you about learning to use the internet?
 - Not at all confident (minus 1 from score)
 - In Between (no change to score)
 - Very Confident (add 1 to score)

Final score: _____

19. What do you want to get out of using your device? (Tick all that apply)

Tasks

[Code answers accordingly alongside qualitative response:

- f. Contact someone (video calling/email/social media)
- g. Attend an event, club or group
- h. Entertainment (games and puzzles, videos, music, news etc)
- i. Personal admin (manage finances, shopping)
- j. Access online exercise classes or guidance
- k. Access Council services online
- l. Attend a health appointment remotely
- m. Anything else: _____

Feelings/emotions

Record qualitative response.]

Appendix (includes previous versions of questions)

Health

- Physical health (fitness)
- Exercise

- Mental health
- Support
- **How would you rate your fitness?**
 -
- **Are you planning to do anything to improve your fitness?**
 - Support you need?
- Do you feel confident exercising?
 - (If score is low) Is exercising something you would like support to do?
Yes/No

How often do you take a walk?

How often do you access outside spaces/nature?

Security (more relevant to Greenwich)

- Safety
- Perception of danger (ASB)
- **How safe do you feel safe in your home?**
 - If a low score, please list why you feel unsafe:
- **How safe do you feel when you leave your home?**
 - If a low score, please list why you feel unsafe:

Environment

- Living conditions
- Area
- Access to outside spaces/nature

6. Relationships

- Friendship networks or groups (i.e.; faith and support)
- Informal carers
- Family network
- What is your relationship with your neighbours?

7. How many times a week do you see friends and family?

- Never
- 1-2 days
- 3-4 days
- 5-6 days
- Every day

8. Who do you enjoy speaking with the most? _____

- Family
- Friend
- Professional
- Other _____

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9. Purpose

- Tasks /Clubs
- Interests
- Fun
- Overall Outlook

Do you attend groups, clubs or faith groups/events?

- If so, how often?
- If no, would you like to be part of a group/club? Yes/No

Questions may overlap these categories as many of these can be interdependent.

The following methodology will be used for rating responses. **(open to any score criteria)** or with a direct answer

1	Very unhappy	Never	etc.
2	Unhappy	Rarely	etc.
3	Neutral	Sometimes	etc.
4	Happy	Often	etc.
5	Very Happy	Always	etc.

Questions **(starter for 10)**

- 10. How would you rate your physical health?
- 11. Do you feel confident exercising?
 - a. (If score is low) Is exercising something you would like support to do? Yes/No

- 12. How many times a week do you see friends and family?
- 13. Do you receive care and if so, how many times a week?

- 14. How often do you feel stressed or anxious?
 - a. If often, please list what triggers these feeling:

- 15. List three things that makes you happy:

- 16. How easy is it for you to contact your GP if you have any issues?
- 17. How relaxing is your home environment?
- 18. How safe do you feel safe in your home?
 - a. If a low score, please list why you feel unsafe:

- 19. How safe do you feel when you leave your home?
 - a. If a low score, please list why you feel unsafe:

- 20. What is your relationship with your neighbours?

- 21. How often do you access outside spaces/nature?

- 22. Do you attend groups, clubs or faith groups/events?
 - a. If so, how often?
 - b. If no, would you like to be part of a group/club? Yes/No

23. How confident are you using new technology or equipment?

24. How often do you speak with family and friends?

25. What are your interests and how often do you pursue them?

26. How would you describe your current wellbeing and outlook for the future?

Potential Questionnaire Update

27. How many times a week do you see friends and family?

- Never
- 1-2 days
- 3-4 days
- 5-6 days
- Every day

28. Who do you enjoy speaking with the most? _____

- Family
- Friend
- Professional
- Faith leader
- Other _____

29. How many times a week are you visited by a home care worker?

- Never
- 1-2 days
- 3-4 days
- 5-6 days
- Every day

30. How often do you feel stressed or anxious?

- Never
- Rarely
- Sometimes
- Often
- Always

31. How often do you attend groups, clubs or faith groups/events?

- Never
- Once a month
- A few times a month
- Many times a month
- Most days

If never, would you like to be part of a group/club?

- a. Yes
- b. No

32. How confident are you using new technology or equipment?

- Very unconfident
- Unconfident
- Neutral
- Confident
- Very confident

33. What are your interests and how often do you pursue them?

Key interests: _____

- a. Never
- b. Rarely
- c. Sometimes
- d. Often
- e. Always

If never, why not more often? _____

34. How would you describe your current wellbeing and outlook for the future?

- a. Very negative
- b. Negative
- c. Neutral
- d. Positive
- e. Very Positive

35. Digital Maturity Score (DMS)/ how do you use the internet?

I use the internet for:

- Reading news
- Watching TV/films
- Instant messaging (like WhatsApp or Messenger)
- Sending / receiving emails
- Social media (like Facebook or Twitter)
- Online shopping
- Government services (e.g. reporting housing repairs, or paying council tax)
- Online banking
- I don't access the internet

This means:

- If someone responds by ticking the red only, they are between 1-3 on the scale
- If someone responds 1 thing in yellow, they are likely to be between 4-5
- If someone responds ticking at least 2 things in yellow, they are likely to be 6
- If a response with at least one green, they are likely to be at least a 7 which is 'basic digital skills'

Initial DMS: _____

Score Adjustment

- a. If score is 4+: How confident are you using the internet?
 - Not at all confident (minus 1 from DMS)
 - In Between (no change to DMS)
 - Very Confident (add 1 to DMS)
- b. If score 1-6: Do you have anything that you can access the internet on?
 - i. Laptop
 - ii. Tablet
 - iii. Mobile phone (smartphone vs non)
 - iv. Other?
 - v. I don't have any devices
- c. All participants: How confident are you about learning to use the internet?
 - Not at all confident (minus 1 from DMS)
 - In Between (no change to DMS)
 - Very Confident (add 1 to DMS)

Final DMS: _____

36. What do you want to use the device for? (Tick all that apply)

- a. Contact someone (video calling/email/social media)
- b. Attend an event, club or group
- c. Entertainment (games and puzzles, videos, music, news etc)
- d. Personal admin (manage finances, shopping)
- e. Access online exercise classes or guidance
- f. Access Council services online
- g. Attend a health appointment remotely
- h. Anything else: _____

37. How would you rate your physical health?

- a.

38. Support around this? (reword)

- a.

39. Any other comments, and notes from researcher: