



# **Draft: Assistive Technology (AT) Wellbeing Questionnaire**

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## About this document

This draft questionnaire has been co-created on behalf of the [London Office of Technology and Innovation \(LOTI\)](#), by Colin Eckworth (Greenwich) and Eden Munro (Hackney) with support from Richard Smith (Hackney).

Its purpose is to provide a consistent way of assessing the wellbeing of individuals taking part in assistive technology trials. This is a first prototype and the intention is to improve it based on feedback from Hackney and Greenwich councils' upcoming AT trials.

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.

The questions cover a broad number of areas and you may wish to select ones most relevant to your trial.

***As these questions might raise personal and sensitive issues, it is important you [obtain informed consent](#) from each trial participant before commencing. It is also important that the researcher raises any safeguarding concerns with an appropriate member of staff in adult social care.***

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)

**Wellbeing Questionnaire**

**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? *The researcher should make a judgement about the most appropriate response from the options below based on the participant's response.***

- Very negative
- Negative
- Neutral
- Positive
- Very Positive

**9. Tell me three things that make you happy:**

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**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

Note to the researcher: 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.

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**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.

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**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.]