



Equalities Board Research Project –On Lok Wo 安樂窩

A Safe and Happy Home

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This research is funded by the National Lottery Communities Fund through the Ambition for Ageing Equalities Board. Ambition for Ageing is a Greater Manchester wide cross-sector partnership, led by GMCVO and funded by the National Lottery Community Fund, aimed at creating more age friendly places by connecting communities and people through the creation of relationships, development of existing assets and putting older people at the heart of designing the places they live.

Ambition for Ageing is part of Ageing Better, a programme set up by The National Lottery Community Fund, the largest funder of community activity in the UK. Ageing Better aims to develop creative ways for people aged over 50 to be actively involved in their local communities, helping to combat social isolation and loneliness. It is one of five major programmes set up by The National Lottery Community Fund to test and learn from new approaches to designing services which aim to make people's lives healthier and happier.

Acknowledgement

The completion of this research was through the combination of commitment and teamwork. There have been a number of people who have been integral in supporting this project.

Firstly, I would like to thank my research participants, who spent their time in coming to Sheung Lok Centre and being patient with my Cantonese accent during the interviews.

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Last but not least thanks to Ambition for Ageing the Equalities Board for funding this research project and support by staff and members of Equalities Board allowing Chinese voices to be heard.

Summary

19 participants took part in this research project. Interviews were conducted in Cantonese and Mandarin at Wai Yin Sheung Lok Centre. The findings show that participants held strong views of traditional Chinese values and beliefs of Yang Sheng 養生 – the ways of maintain good health and its interlink with ageing well.

Yang Sheng 養生 is also one of the strategies to cope with loneliness and reduce isolation.

However, due to individual circumstances which restrict their daily life activities, such as communication problems, financial situation, a lack of self-reliance in unfamiliar environments, as a result they are isolated from the community. Participants have a strong feeling of loneliness and helplessness especially for those speak little English.

Findings from this research shows that a place for ageing well is a place where Chinese people feel accepted, and protected; and where an individual is able to organise things in accordance with their own will and be financially independent. It is suggested that further research is needed to explore Chinese health beliefs in relation to diet and exercise, especially for people with health problems; collaboration is needed between Chinese and non Chinese organisations running activities to help integration with non-Chinese services and increased awareness of public health sectors is needed to ensure that the strategic policies tackling isolation and loneliness also include the Chinese communities.

Contents

Acknowledgement	2
Summary	3
1 Introduction and background to research	5
2 Research Process	5
3 Methods	6
4 Data Collection	6
5 Data Analysis	6
6 Profile of the participants	6
7 Results	12
8 Discussion and recommendation	18
9 Dissemination	18
References and notes	19
Appendix 1 Interview questions	20
Appendix 2 Participants Demographic monitoring Chinese questions	21
Appendix 3 Participants Demographic monitoring English questions	26

1: Introduction and background to research

According to the 2001 census, there are 400,000 Chinese people in the U.K. which makes up around 0.7% of the population. There are 14,000 Chinese people living in Manchester. There are two distinct Chinese communities of older people in Greater Manchester – Cantonese and Mandarin speaking. Those who speak Cantonese are from Hong Kong or the neighbouring provinces of Guangdong, China. The majority of older Chinese people come from Hong Kong New Territories and Hakka is their mother tongue. However, most of them also have an understanding of Cantonese. Between the 1970s and 1980s, a newer Chinese community developed. They come from mainland China, and speak Mandarin. This community is separate from the older more established Hakka and Cantonese community.

This research is one of the Equalities Board research project which is part of a programme of “Ageing Equally?”, research commissioned by Ambition for Ageing to explore what makes a good place in which to grow older for people who belong to specific minority communities. Also this research is based on and expands the previous Equalities Board (EB) research (EB Research Project 2018) and Crossing the Borders project (Wai Yin, 2019) to explore mother tongue speakers, their sense of belonging; whether or not they feel isolated or suppressed by the dominant English or Cantonese speaking services providers.

Therefore, the aims of this research are:

- 1: to explore the traditional health concept and practical ways of staying well in old age;
- 2: To explore the gap between their expectation and their encounter in real life experience
- 3: To investigate participants’ first languages in relation to their involvement with organisations.

2: The Research Process

With the intention to reach out wider Chinese communities, volunteers who speak Mandarin were recruited in this project. The Research Team (RT) consisted of volunteers and Wai Yin staff who are over 55 years old. Furthermore, two workshops were organised and collaborated with Centre for Chinese Contemporary Art (CFCCA) to explore art work activities to reduce social isolation and loneliness, also through the workshops to find out the issues for Chinese service users gaining access to non Chinese speaking organisations. The workshops provided rich information of the gaps between services providers and the demands from service users. The information collected from these two workshops helped to generate and design the questionnaire of this research project.

3: Methods

One to one semi-structured interviews with a clearly defined questions were used in this research. The interviews were audio recorded. Participants were also asked to complete a demographic monitoring form (see Appendix 2).

A pilot was carried out then produced the final version of the questionnaire (See Appendix 1)

4: Data Collection

The Research Team recruited participants from Wai Yin service users and from their network. One to one interviews were carried out with 20 participants at Wai Yin Sheung Lok Centre. Informed consent was gained from each participant (see Appendix 3). However one participant did not sign the consent form, therefore, information from this participant was excluded from this research and the findings are based on 19 participants' interviews.

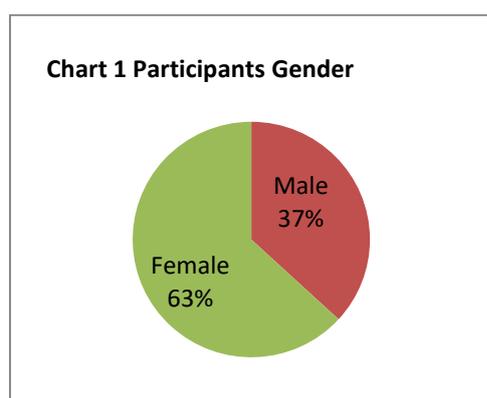
All interviews were conducted in Cantonese or Mandarin in a private room during opening times at Sheung Lok Centre. The length of the interviews was between 20 minutes and over 60 minutes.

5: Data Analysis

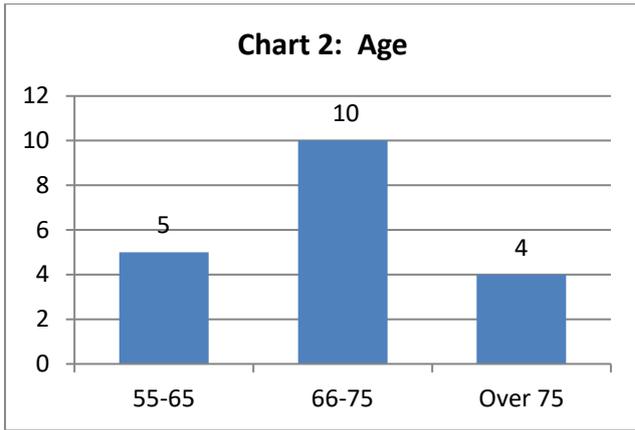
During data analysis each participant's identity was protected and treated strictly confidentially. Each participant was given a code. All personal details were removed from the audio recording during data transcription, so identification cannot be made and data was anonymised before analysis.

6: Profile of the participants

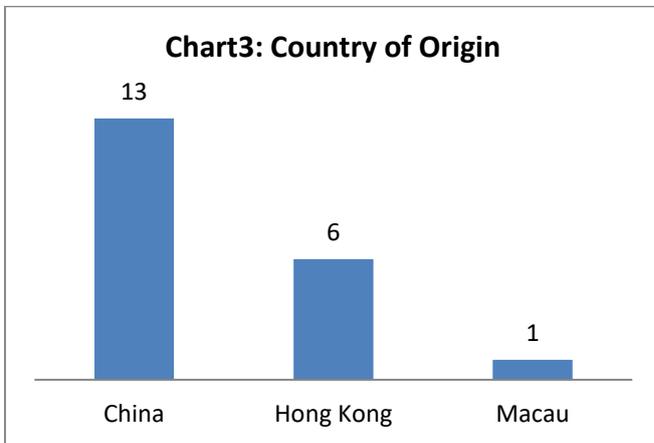
A total of 19 participants took part in this research project, 7 male and 12 female, and all of them the gender are the same as registered at birth see Chart 1. The age range is between 55 and 81 years old.



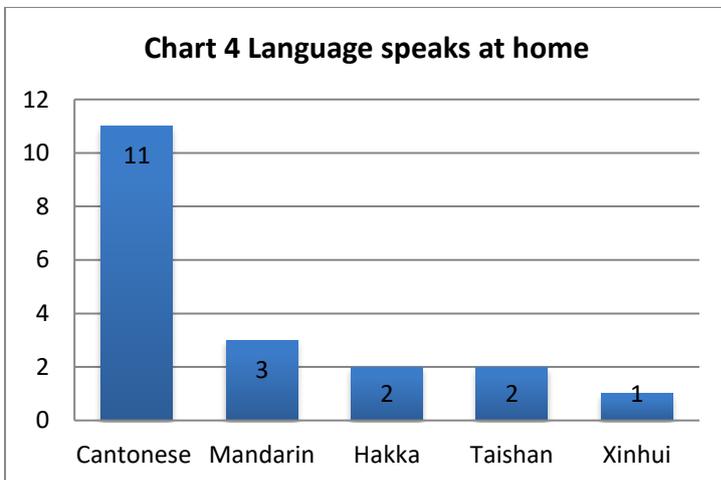
5 (26%) age between 55 and 65 years old
10 (53%) age between 66-75 years old
4(21%) age over 75 years old (see Chart 2)



The place where participants were born:
 12 were born in China
 6 in Hong Kong and 1 in Macau (see Chart 3)



Language participants speak at home:
 11 participants speak Cantonese
 3 speak Mandarin
 2 speak Hakka
 2 speak Taishan
 1 speaks Xinhui (see Chart 4)



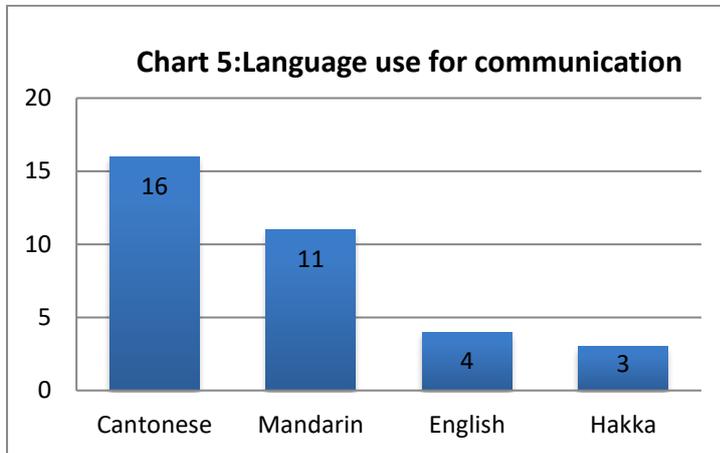
Languages used to communicate with other people (see Chart 5)

16 participants are able to use Cantonese

11 speak Mandarin

4 speak English

3 Hakka



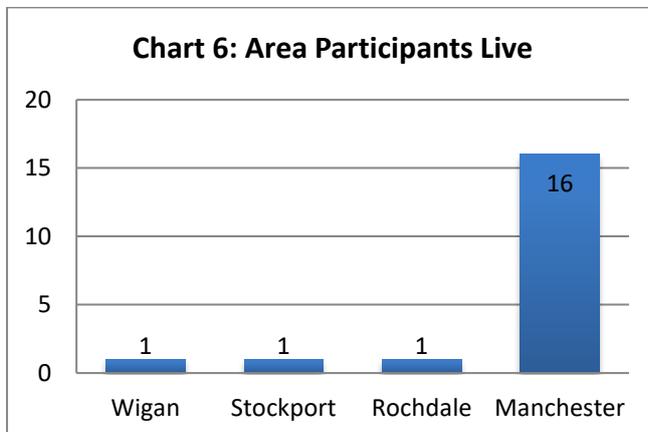
Area participants lived (see Chart 6)

1 lived in Wigan

1 lived in Stockport

1 lived in Rochdale

16 lived in Manchester



The length of living in their area (see Chart 7)

7 participants lived in their area less than 10 years

8 lived in their area between 11 and 20 years

1 participant lived between 21 and 30 years

2 participants lived between 31-40 years

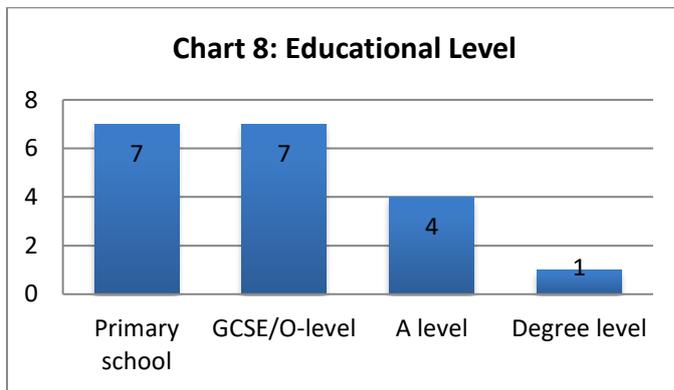
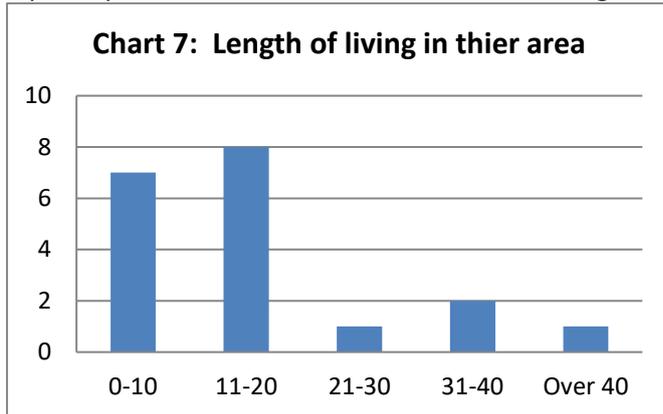
1 participants lived more than 40 years at the time of interview

Participants educational level (see Chart 8)

7 participants completed primary

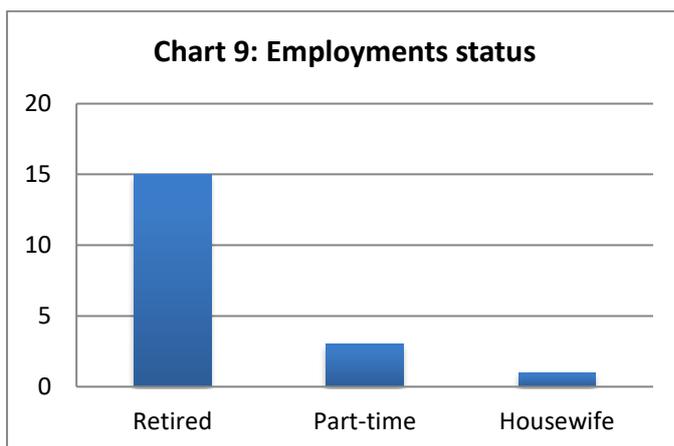
7 participants achieved GCSE level ;

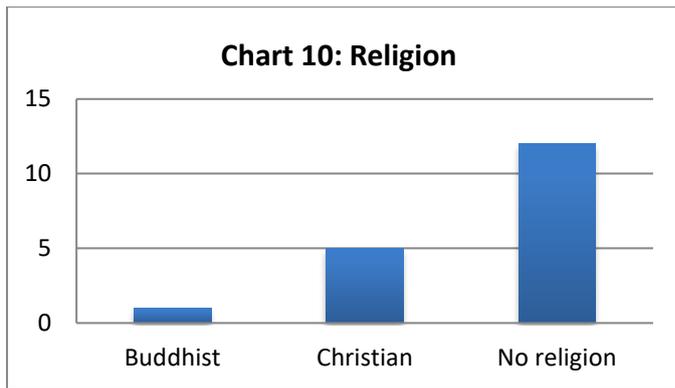
4 participants achieved A level and 1 achieved degree level.



Participants employment status (see Chart 9)

15 participants said that they had retired;
3 participants were working part time
1 participant is a housewife.

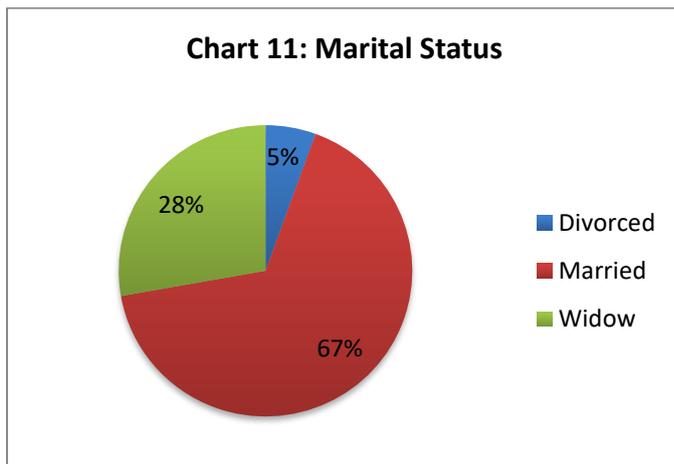




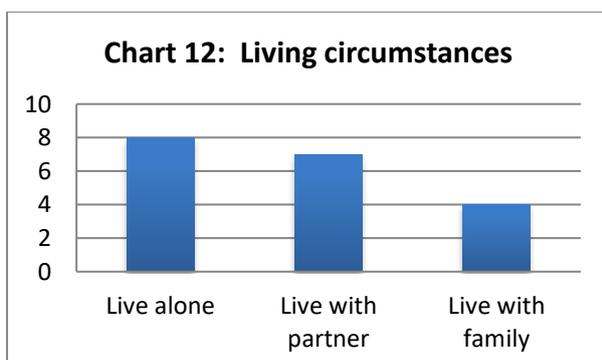
12 participants said that they have no religious faith;
 1 participant is Buddhist;
 5 participants are Christian;
 and 18 participants consider themselves to be heterosexual and 1 participant prefer not to answer this question.

Their marital status:

12 participants are married;
 5 participants are widow and 1 participant is divorced (see Chart 11)



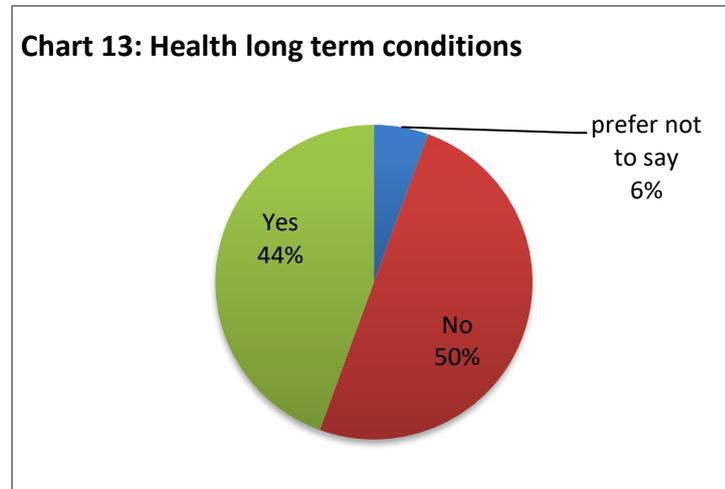
8 participants live alone;
 7 participants live with their partner
 4 participants live with other family members (see Chart 12)



Participants were asked whether or not they have any long-standing physical or mental illness or disability.

9 participants replied no;

8 participants said yes and 1 prefer not to answer (see Chart 13)



Among them 3 participants said they suffers from diabetes and 1 participant said she has cancer.

None of them are carer and all of them said they are Chinese.

7: Results

The term Yang Sheng(養生) in Chinese means a regimen, the way to maintain good health.

Participants explained that in order to stay well, there are some rules that people need to follow, following these rules makes the body healthier, thus people can live longer and enjoy life in old age.

E3 Yang Sheng (養生) is the way that someone follows to maintain personal health so that they can enjoy life when they get old. (63 years old female)

E5 Yang Sheng (養生) is to make our body fitter, Yang Sheng 養生 is longevity (59 years old male)

E10: Yang Sheng (養生) is the way to make us living longer (67 years old male)

All participants think diet and exercise are the key factors to maintain good physical health. Therefore, people need be aware of what kind of food that is good for their body, they also need to control the amount of the diet intake to ensure that is a healthy balance diet. Together with healthy balance diet, “appropriate” exercise is essential. Furthermore, people have interaction when they dine and socialise through activities. By regulating diet and doing exercise thus allow them to maintain physical, mental and social wellbeing.

E1: ...to maintain in a good health...try my best to have balance diet and doing exercise regularly...and mentally be happy. (78 years old female)

E5: ...to make yourself healthier, live longer. Doing exercise such as Tai Chi, jogging, eat the food according with your health condition; do not overeating, no smoke, no drinking, avoid fatty food, eat less meat but more vegetables. (59 years old male)

E10...to be aware of food that affects our heart, liver, spleen, lung and kidney, for example less intake of salt, sugar, spices food that affect our spleen and kidney ...take long time to digest also affects (our body)...(we should) eat 70%, excess intake of food affect other parts of the body, such as urine acid affects our joints... (67 years old male)

E12 There are different methods of Yang Sheng(養生), for example doing Tai Chi, Chi Kung , not doing excess aggressive exercise. (60 years old male)

E9: ...I, myself be very careful, I take care of my diet. My doctor told me, “wonderful, you look slim and healthy, up to now 81, you don’t take any medicine.” I do exercise, I walk everyday, for my health sake, I eat very carefully... (81 years old female)

Moreover, participants think Yang Sheng(養生) is not only just living longer, but also need to live happier as well, therefore, it is essential for people having optimistic views about life; to be able to make new friends and integrate into their living environment.

Participants believe that having a balance diet and regularly exercise are part of self regulation, people can take control over these activities by their own will. However, whether or not they can achieve living healthy and lively in old age, will depend on individual circumstances and external factors that they have little control over. External factors can directly affect people's health and wellbeing, such as the living environment and financial security

E2: It is not only eat well, living comfortable, also have a good mood. (66 years old female)

E4: Diet ...not eating excessive, just right, more importantly is being happy. It depends on individual's personality, this the person can control it, but external causes, for example (the person) is affected by family... that we cannot control... (69 years old female)

E5: ...to achieve gaining better health, it depends on financial situation, for example if I want to buy American Ginseng 花旗參 and herbs for tonic my body, but I have a sick child at home and need to support my family, I need to be careful with money. No money, cannot Yang Sheng 養生...too much troubles in my mind, too much pressure at work and worry about my family, how can I be optimistic... (59 years old male)

Communication

As mentioned all interviews were conducted at Sheung Lok Centre, all participants were able to make their way the Centre, they either drove, using public transport, walk or using Sheung Lok minibus picking them up from China Town. All participants also states that they do not have sever mobility problems at the time of interview, except one participant anticipating undergo an operation for improve her mobility. When they were ask whether or not they could go anywhere they want to go, they did not think travel locally, but travel aboard or going back to their home town. However this reveals their daily life encounter: going to unfamiliar places, they worry about communication problems and lacks of awareness of local information as a result restrict their access to local communities.

E7:..I can't talk (in English), I don't drive. When I get there at the door, I don't know how to say, how can I walk in? ...I am scare to go inside. (76 years old female)

E6: ...going to a strange place, I think, oh, ...I think the best way is to follow the same way I went...on the bus, no problem getting on the bus I know the bus route, and get the same bus back, but you need to know the bus route...at the end, I am a bit scare, because I can't communicate if anything goes wrong. (72 years old female)

E18: ..I got on a wrong bus to Oldham, as soon as I realised that I caught a wrong bus, I rang my daughter...the bus driver was very good, he explained to my daughter...then my daughter told me where I was...the purpose of having my phone is to contact my daughter and daughter-in-law for emergency...the bus driver was very good, after I got off the bus, he took me to another bus to find my way back... (76 years old female)

Confidence and companionship

As mentioned, in order to achieve Yang Sheng(養生), apart from having a healthy balance diet, doing regularly exercise is equally important. Participants express that they can practice Tai Chi, swimming, walking or jogging on their own; however, most of the other form of exercises are required partners to accomplish, for example dancing, or ball games. Also these kinds of activities are held in venue that requires interaction with other people. Participants express that they would like to go to places and join activities run by non Chinese speaking organisations, however, they do not feel confident to go on their own because of the communication problems or health problems. They also think has company to go out and about can gain back confident even they accompany with a person who speak less English than them.

E11: exercise like playing tennis, you need a partner to play with you. at my age...many of my friends are still working full time. (55 years old female)

E7:...I can't talk (in English), I don't drive. When I get there at the door, I don't know how to say, how can I walk in (non Chinese speaking organisation)? ...I am scare to go inside. (76 years old female)

E8: I have no problem going out and about, but better have accompany...even going out with someone who speaks English worse than me. It's because of my health problem, they (my family) told me going out on my own. (69 years old female)

E6: In China I used to go to ballroom dance. English speaking ballroom dance, I won't go, because I can't go, I don't speak English...you need to respond when someone invite you for a dance...you can't just sit there and say "no, no" ...(72 years old female)

E3 (have a company), that will be fantastic! (laugh) I think it is only a wild dream. I thought only people with disability on the wheelchairs, they can have someone to accompany with them joining activities. I never imagine that a healthy person like me can...this is what I wish for, but it is impossible! (63 years old female)

Culturally Appropriate Activities

Participants were asked whether or not there is an opportunity to develop a new interest. Their responses were about activities run by Chinese community Centres in Manchester. They were also asked to name organisations that provide services for older people. One participant had heard of AgeUK providing services for older people, because the information were written in English, she has no intention to explore more about this organisation. However, the rest of the 18 participants not aware of any non-Chinese organisations providing services for older people, but they well aware of local Chinese organisations in Manchester.

The in depth interviews and observation of participants involved with Chinese organisations in Manchester reveal that participants engage in and share their interests with different groups, because

they speak the same language. Also participants believe sharing the same cultural activities is more important than speaking the same Chinese language.

E1: As far as I know about the Day Centres for older people, they play Bridge game that I have no knowledge of this game...they have a kind of talking session, I don't know how to chat with them. (78 years old female)

E5: ...at the end of the day we are Chinese, the way we think, the way we talk are like minded, is that right? ...even you speak good English...cultural different, upbringing environment are different. But for Chinese, we think in the same way...even you don't speak Cantonese, you don't speak Mandarin, but our thoughts are the same, easily to communicate with body language. (59 years old male)

E15: ...it is difficult to integrate into theirs, the culture is different, it is not a matter of who is better, is about an atmosphere of intimacy...they drink English tea, but we drink Chinese tea; their exercise use force and strength, our is smooth and soft. It is not a matter of which is better... it is the differences. (69 years old male)

Participants with a strong dialect accent were asked whether or not they experience discrimination from other Chinese people because of their accent. One participant replied that she has a conscious awareness of her strong dialect accent and is reluctant to disclose the place she came from. Three other participants also had had bad experience when they first joined group activities, but eventually they made friends and felt that they were accepted by the Cantonese speaking community.

E2: Sorry about my accent, I don't speak "standard" Cantonese (66 years old female speaks Taishan at home)

E9: The person pointed to me...I felt very sad, I went home crying...they got together bullying me...they said I should not sit at their table. (81 years old female speaks Cantonese at home)

E13: In the past because I speak Cantonese with strong Hakka accent, people came to me, they told me that I didn't speak properly! I felt very upset; they thought I came from a village (imply not educated). (60 years old female speaks Hakka at home)

E7: (Recorder turn off) ...I don't want to talk about it, it's all in the past, anyway Wai Yin helps me a lot. (76 years old female speaks Taishan at home)

E18: ...they said, "I don't know what you're talking about!" I replied, "I don't know what you're talking about either!" (78 years old female speak Taishan at home).

Loneliness is a subjective feeling. When participants were asked what loneliness means to them, responses from them either reflected their current situation or described of the way they coped with loneliness. As mentioned, participants experience communication problems and have difficulty in finding someone who can they can trust and is willing to accompany them out and about. However, when they are feeling low, it is equally difficult to talk to someone.

E19: It is easy talking to people in China Town, only talk about something on the surface, difficult to have in-depth conversation...private matter better keep it myself, not to tell other

people...I don't feel lonely, because I put everything behind my mind, I just don't think about it. (70 years old female)

E6: ...you have to be cautious, why? You can't have a close relationship if you don't know (the person), you don't tell them your heartfelt words. (72 years old female)

The participants' profiles show that there are 8 participants living on their own. Among these 8 participants, 7 of them reported that their current circumstances were making them feeling lonely and depressed. It is also particularly true for those who lost their partners or who were without family around.

E5: Loneliness is isolation...when you are on your own of course is isolated, is lonely. Just like me now, I am the only one in this house...going to work and I have little time to interact with other people, only have a short break talking to my colleagues at work...if my financial situation improve, I won't be lonely, I can go to Wai Yin...talking to big Sisters and Brothers (members of Wai Yin), doing exercise, playing table tennis, but I don't have time (because he needs to work to earn more money supporting family in China). (59 years old male)

E6: ...my husband passed away two years ago, oh, it was really difficult to cope...so lonely, nowhere in the house I can talk, no one share my joy, no one share my pain. (72 years old female)

E16: it is a little bit boring...mainly I go to casino this kind of place..., there is not much places to go, you know. (74 years old male)

E18: I don't feel lonely! Lonely, I think that is when you are on your own, no one to talk to you and your daughter-in-law with a scowl on her face. (laugh) (76 years old female)

Ageing Well

Participants believe Yang Sheng 養生 and ageing well are interlinked. Through their life experience, they realised that they struggle to earn for a living when they were young and have no time to develop their interests. They experience loneliness when their grown up children leave home, loss of family and friends, with the addition of concerning their deteriorating health. However, they believe that this is a life cycle, people should well prepare for this happening. 養生 Yang Sheng is one of the strategies to cope with loneliness and reduce isolation, that is to:

1: Maintain physical wellbeing,

E16 Yeah, easy to forget. Now I just keep going, I cook and do my best to maintain (my health). Everyday, I do exercise; going out for a little while, don't let myself sleep too much... Stop myself sleeping too much to maintain the balance of the body. (74 years old male)

2: Be calm and not too rigid towards all circumstances

E2: not too stubborn, just keep one eye closed and follow the flow, be happy and calm...find time do gardening, avoid family conflicts. (66 years old female)

3: Increase social network

E8 : Singing, I have a group of friends; table tennis the other group of friends, travelling another group of friends... If I stay at home, I use iPad to kill time. ...spend hours in the garden. (69 years old female)

4: Develop new skills and interests to enhance confidence

E10: people should not be so stubborn, let it be...find your interests, we need to occupy our time, you won't feel lonely...use new technology help translate, it is good for human's brain. (67 years old male)

5 Maintain dignity and respect

E17: we should not leave the burden to our children...why shouldn't we enjoy our reward from the past (work hard and pension)?...the burden will have an impact on our relationship. Dependent on our children will loss our dignity. (69 years old male)

6: Hope for the future

E15:.. our life, time will go pass no matter you are happy or sad... I need to be healthy. I have grandchildren now, I must live happily so I can live longer to see them study in university. (69 years old male)

7: Integration and contribution

Most participants in this research state that before their retirement, the long working hours together with language barriers, they have little chance to do volunteer work. However, if opportunity occurs, they will use their skills to help their communities.

E9: ..sharing cultural cooking with the Church members, I have a good feeling and very happy. (81 years old female)

E10: I think, if you need me, "do one good deed a day" makes me happy. (67 years old male)

8: Discussion and Recommendations

Health and wellbeing is a way of life that comes from our beliefs and values. People learn their health beliefs from their upbringings and practice at home. The term Yang Sheng(養生 a regimen) is the ways of maintain good health.

In Chinese “On Lok Wo” 安樂窩 is a safe and comfortable home: Chinese people is sheltered in a house which is a happy home, as many Wai Yin members call Wai Yin Centres are their second home.

Findings from this research shows that a place for ageing well in the Chinese community is a place where Chinese people have a feeling of being accepted, being protected; and where an individual is able to organise things accordance with their own will and be financially independent.

All participants are well aware of the ways to promote health in their lay concept. All believe that having a balanced healthy diet and regularly exercise in accordance with the body’s capability, together with an optimistic view towards life, are the main factors to maintain good health to older age. They also think that exercise activities that enable them to increase interaction with other people promotes their mental health and improve their social wellbeing.

However, due to individual circumstances restrict their daily life activities, such as communication problems, financial situation, a lack of self-reliance in unfamiliar environments, as a result they are isolated from the community. They have a strong feeling of loneliness and helplessness especially for those speak little English.

Based on the evidences from this research project, it is proposed that the following are needed:

- 1: Further research to explore Chinese health belief in relation to diet and exercise, especially for people with health problems
- 2: Consultation events to explore and establish culturalyl appropriate interest groups
- 3: Exploring new styles of English learning sessions to motivate older Chinese learning English to meet their needs
- 4: Collaboration between Chinese and non-Chinese organisations running activities to help integration with non-Chinese services
- 5: Increasing awareness of public health sectors to ensure that the strategic policies tackling isolation and loneliness also include the Chinese communities.

9: Dissemination

This report is written in both English and Chinese and can be found on the Wai Yin website. Results of this research will also be broadcast on 4th October, 11th October, 18th October and 25th October at All FM 96.9 Radio Sheng Lok – On Lok Wo Programme. The broadcasted programmes can also be found on Mixcloud Radio Sheung Lok.

References and Notes

Equalities Board research (2018) Sat Cung 失聰 – Exploring the needs of hard of hearing Chinese older people. Ambition for Ageing Equalities Board research project.

Wai Yin (2019) Crossing the Borders. The book was produced as part of the Crossing the Borders project which was funded by the National Heritage Lottery Fund.

Appendix 1: Interview Questions

1: What is the principle of “staying alive – staying well” (養生之道 in Chinese imply staying well till old age) and how to do it?

什麼是養生之道？要怎樣才能做到？

2: What does “ageing well” mean to you?

怎樣才是安老？ (- Imply what can be done to achieve ageing well)

3: Can you do it? 你能做到嗎？

Prompt: How? If not why?

4: Can you go anywhere you want to go?

你能否到你想去的地方？

Prompt:

Any problem related to transport? Places / organisations running social groups?

Can you find company ? and who?

Prompt: Do you feel these people understand you?

Do these people can count on to support you?

5: If not why? where will you go?

Exploring support from friends and family, neighbour

to gain access to local health, social and community services / or support group

6: What does loneliness means to you? (In Chinese version it is a neutral statement)

寂寞對你來說是有什麼意思？

(May need to move up asking before question 4, see how it goes after a pilot)

7: Can you name any organisations supporting older people?

你說出任何機構支援長者？

Prompt: Have you ever used their service, if not why?

8: Is there any opportunity that you can explore / develop new interests; or rediscover your old interests?

你是否有機會探索 發/展新的興趣; 或重新發掘你舊有的興趣？

Prompt: Any cultural issues

Explore - language barriers and confidence

9: Do you feel that you can make contribution to your local community?

你覺得你可以為當地社區做出貢獻嗎？

Prompt:

If not why? Explore any barriers:

eg. Opportunities to meet with other locally

put your skills and knowledge to good use eg previous job?

Appendix 2: Participants Demographic monitoring Chinese questions

你可否告訴我們一些有關你自己的資料？

對於我們來，了解來自不同背景和不同社區的人，對為“長者雄心計劃”Ambition for Ageing 是非常重要的。

如果你不願提供這些資，請刻錄不願作答

背景資料

1: 你的出生年份是在那一年? (例如 1953) _____

2: 我確定我的性別是:

男	
女	
自己決定	
不願作答	

3: 你的性別與出生註冊時相同嗎?

相同	
不相同	
不願作答	

4:你在那裡出生?

香港	
中國內陸	
馬來西亞	
越南	
其他(請述明)	

5: 你在家裡講什麼話(操什麼語言)?

6: 你能否用以下的語言和別人溝通嗎?

廣東話	
普通話	
客家話	
英語	
其他(請述明)	

7: 你住在那裡?

Bury		Salford	
Bolton		Tameside	
Manchester		Wigan	
Oldham		其他地方(請述 明)	
Rochdale			

8: 你在那裡住了多少年?

9: 你最高學歷是...

從未上學	
小學 Primary	
中學畢業 / 學徒訓練	
中六 A level 或專業訓練	
大學或專上學院畢業 Degree level or equivalent	
研究生學位或同等學歷	
不願作答	

10: 你現在的工作情況

僱用全職		失業	
僱用兼職		自僱人士	
退休		不願作答	

11: 你有沒有宗教信仰?

佛教徒	
基督徒	
傳統式信仰(拜神)	
無宗教信仰	
其他(請述明)	
不願作答	

12: 我認為自己是...

13: 你的婚姻狀況如何?

同居	
離婚	
已婚合法伴侶	
雙身戀	
男婦變態夫	
果旗變答	
女同性戀	
不願作答	

14:

你跟誰住在一起?

獨居	
與伙伴共住	
與家人共住	
安老院舍	
不願作答	
其他(請述明)	

15: 你是否有任何長期性的身體或精神

疾病或殘疾?

長期性 – 是指任何病痛至少在 12 個月裡的時間困擾著你, 或很有可能會在未來的十二個月會影響你

沒有	
有	
不願作答	

如果有的話, 而你又不介意, 請簡要描述一下你的情況

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16: 你
是否需

要照料或提供特殊幫助給任何生病, 殘疾或需要你照顧的人士?

(例如. 生病, 殘疾或老年親屬, 妻子, 丈夫, 伴侶, 孩子或朋友)

沒有	
有	
不願作答	

17: 你的種族背景...

請述明	
不願作答	

Appendix 3: Participants Demographic monitoring English questions

Please could you tell us a little about yourself?

It is important for us to understand if people from all backgrounds and communities are able to access Ambition for Ageing. If you do not wish to provide this information, then please tick prefer not to say.

Background Information

1: What is the year of birth? (eg 1953) _____

2: I identify my gender as :

Male	
Female	
Self-definition	
Prefer not to say	

3: Is your gender the same as registered at birth?

Yes	
No	
Prefer not to say	

4: Where were you born?

Hong Kong	
Mainland China	
Malaysia	
Vietnam	
Other (please specify)	

5: What language you speak at home?

6: Can you communicate with other people using the following languages?

Cantonese	
Mandarin	
Hakka	
English	
Others (please specify)	

7: Where do you live?

Bury		Salford	
Bolton		Tameside	
Manchester		Wigan	
Oldham		Somewhere else (Please specify)	
Rochdale			

8: How many years have you lived there?

9: What is your highest level of education?

No schooling	
Primary	
GCSE /O-level or equivalent /post-14 apprenticeship	
A level or equivalent /post -16 apprenticeship	
Degree level or equivalent	
Postgraduate degree level or equivalent	
Prefer not to say	

10: What is your current employment status?

Employed full-time		Unemployed	
Employed part-time		Self-employed	
Retired		Prefer not to say	

11: What is your religion?

Buddhist	
Christian	
Traditional Chinese worship	
No religion	
Other (please state)	
Prefer not to say	

12: I consider myself to be...

Bisexual	
Gay	
Heterosexual (Straight)	
Lesbian	
Prefer not to say	

13: What is your marital status?

Co-habiting	
Divorced	
Married / civil partnered	
Single	
Widow or widower	
Prefer not to say	

14: Who do you live with?

Live alone	
Living with partner	
Living with other family member	
Residential accommodation	
Prefer not to say	
Other (please state)	

15: Do you have any long-standing physical or mental illness or disability?

By long-standing, we mean anything that has troubled you over a period of at least 12 months or that is likely to affect you over a future period of at least 12 months?

No	
Yes	
Prefer not to say	

If yes, and you are happy to do so, please briefly describe the condition

--

16: Is there anyone who is sick, disabled, or needs support whom you look after or give special help to? (e.g. a sick, disable or elderly relative, wife, husband, partner, child or friend)

No	
Yes	
Prefer not to say	

17: What is your ethnic background?

Please state	
Prefer not to say	