



TIME TO HAVE YOUR SAY

Help us to help our senior citizens

The Welsh Assembly Government is developing its policies for older people. The Welsh Food Alliance has already submitted evidence about the importance of people being able to afford, carry and prepare the food required to enable them to live independently in their own homes.

The purpose of this survey is to capture the experiences of a larger number of people, and what improvements have occurred since our October 2003 survey. A 2008 newsletter will report your views. In using the information no person will be named. The information provided will not be linked to you in any way. Thank you for your help.

Please tick as appropriate:

We are sure that you know what a healthy diet is in old age, and that there is a lot of information to help if you are unsure. Do you have other difficulties in obtaining a healthy diet?

(1) Is a Healthy Diet difficult to afford? YES [] NO []
If so what do you find is most expensive?

(2) Do you have any of the following difficulties:

(a) Do you have difficulties - Going out shopping?

Always [] When the weather is bad [] When you are not well []

Please comment:

(b) Do you have difficulties - Reading labels? YES [] NO []

(c) Is the governments food traffic light system useful? YES [] NO []

(d) Do you have difficulties - Obtaining the right sizes for certain food items?

(Small loaves, small packs of butter, flour, sugar, etc.) YES [] NO []

Please offer examples:

(e) Does it cost more? YES [] NO []

(d) Do you have difficulties - Using facilities inside the food shop? YES [] NO []

Please offer examples:

(e) Difficulties - Carrying home heavy items ie. potatoes & tins, or opening containers?

Please explain:

YES [] NO []

(f) Is distance from the food shop a problem? YES [] NO []

(g) Do you have to use public transport for shopping? YES [] NO []

Any problems experienced?

(h) Do you have other difficulties in shopping, preparing and cooking food, or carrying cooking equipment, due to infirmity? YES [] NO []

Please explain?

(i) Other difficulties / solutions to problems others might use?

(3) Do you ever use 'Meals on Wheels'? YES [] NO []

If yes did you enjoy them? YES [] NO []

(4) During inclement weather, or illness, would you order 'Meals on Wheels' if available? YES [] NO []

Please explain:

(5) What is your experience of trying to manage the home delivery of food and or prepared meals? Is the cost too high?

(6) Do you enjoy any other community activity that includes a meal, such as a church group, or lunch club?

(7) Do you still enjoy cooking these days?

Please explain

(8) Have you any comments about hospital food?

(9) Do you live in a rural [] urban semi [] urban area []. Please tick one box.

(10) What is your local authority? _____

If possible, please reply by early 2nd January 2008. Forms should be returned to Hilda Smith, WFA, 216 Stow Hill, Newport NP20 4HA. You can contact us by phone on 01633 266781 or email info@welshfoodalliance.org.uk.