



Winton Shire Council is proud to launch

WISE AND WELL WINTON

RESIDENT SURVEY

Embracing wellness and wisdom as we age are key to enjoying a good life in Winton. Prioritising wellness ensures not just longevity, but also quality of life as we age. **Wise and Well Winton** is more than just a strategy and it's beyond buildings or places for wellness. It's about recognising the value of older people whilst creating a community and environment that supports physical, mental and emotional health, fosters resilience and vitality to ensure all in our community now, and in the future can access.

Winton Shire Council is developing **Wise and Well Winton** in partnership with leading consultants who specialise in Wellness and Ageing. Wise and Well is about ensuring that Winton will be a place where true collaboration will be demonstrated allowing our community to navigate life's transitions with grace, dignity and a strong focus on personal growth and fulfillment.

This survey is created to gain insight from you as a member of the Winton Community to inform the development of the **Wise and Well Winton Strategy**.

Thank you for your participation!

TELL US A BIT ABOUT YOURSELF

1. I am completing this survey as a...

- Resident of Winton
- Family member of a Winton resident
- From the broader region but associate Winton as my primary town for services and healthcare
- Visitor to Winton (we have a separate survey specific to our visitors and would welcome your thoughts – ask a Council employee for a copy)

2. How long have you / your family member lived in Winton or the broader region?

- Less than 1 year
- 1-5 year
- 6-10 years
- 11-25 years
- My whole life



3. What is your age / the age of your family member?

- Under 55
- 55-64
- 65-74
- 75-84
- 85 +

4. What is your current living arrangement/ the living arrangement of your family member?

- Living independently in my own home (rented)
- Living independently in my own home (owned/mortgaged)
- Living with family / or family have moved in with me
- Living in a caravan
- Living in a retirement village or manufactured home park
- Living in an assisted living facility
- Living in high care at the Hospital

Other (please specify)

5. Have your current living arrangements changed in the past three years?

- Yes
- No

If yes, please provide further details (i.e. I have gone from living independently to moving in with family)

6. Are you currently an unpaid carer for a loved one?

- Yes
- No

7. I would describe my / my resident family member's current care needs as:

- Independent / self-sufficient
- Basic in-home support
- Extensive in-home care
- Requiring high care and accommodation
- Other (please specify)



8. In the future, I would mostly like for me / my resident family member to:

- Stay in Winton in my/their own home for as long as possible
- Transition to other more fit-for-purpose housing with access to services when needed
- Transition to other care options within Winton
- Transition to the most suitable accommodation irrespective of location
- Unsure

TELL US ABOUT THE SERVICES YOU ACCESS

9. Have you received an ACAT assessment (Aged Care Assessment Team via the Federal Government)?

- Yes, and I am accessing Aged Care Service
- Yes, but I am NOT accessing any Aged Care services
- No, but I am aware of ACAT and will do in the future
- No
- I have no idea what ACAT means

10. Are you currently accessing any programs or aged care services in Winton?

- Yes
- No
- I used to, but not anymore
- Not sure if I am
- Other (please specify)

11. If you are accessing aged care services, please specify which ones.

- Commonwealth Home Support Programme (CHSP)
- Home Care Packages
- I used to, but not anymore
- Veterans support services
- Other (please specify)

12. What is the name of the organisation providing these services to you?



13. Do you access other local programs or services to support your healthy ageing?

- Better 60s program
- Meals on Wheels
- Other (please specify)

14. Do you have access to the National Disability Insurance Scheme (NDIS)?

- Yes
- No
- I am not sure what NDIS is

15. Do you have family members living in Winton or nearby regions?

- Yes, I have family living in Winton
- Yes, I have family living nearby but not in Winton
- No, all my family members live elsewhere
- No, I prefer not to answer
- I am the family member

16. If you have family in the region, how involved are they in assisting you with your aged care needs?

- Very involved
- Somewhat involved
- Not very involved
- Not involved at all
- I am the family member

17. If you have family in Winton, do they play a significant role in your decision to remain in the area as you age?

- Yes, my family's presence is a major factor
- No, my decision is not influenced by family presence.
- I'm not sure / I prefer not to answer
- I am the family member

18. Do you participate in any of the following activities?

- Exercise classes or programs
- Group-based activities
- Health information sessions
- Other (please specify)



TELL US ABOUT YOUR USE OF TECHNOLOGY

19. How would you rate your familiarity with technology including the use of smart devices (phones / iPads)?

- Very familiar
- Somewhat familiar
- Not very familiar
- Not familiar at all

20. Have you encountered any challenges with mobile or internet connectivity?

- Yes, I experience difficulties accessing the internet or using mobile data due to unreliable service.
- Yes, I struggle with slow internet speeds or dropped connections.
- No, I haven't experienced any significant issues with mobile or internet connectivity.
- Other (please specify)

21. Which mobile or internet service provider do you primarily rely on for connectivity? (select all that apply)

- Telstra
- Optus
- Vodafone
- TLP Telecom (includes brands like iiNet and Internode)
- NBN Co (for fixed broadband services)
- Starlink
- SkyMesh
- Other (please specify)

22. Which types of smart device technology do you find most beneficial in your daily life? (select all that apply)

- Smartphones (iPhone / Samsung)
- Tablets or iPads
- Computers or laptops
- Wearable devices (e.g. smartwatches)
- Smart home devices (e.g. voice assistants)
- Other (please specify)



23. What do you use your smart device for? (select all that apply)

- Keeping in contact with family members
- News
- Email
- Banking / paying bills
- Watching movies / catching up on TV
- Music
- Shopping
- Camera and gallery for photos
- Chrome and Google for information
- Clock for alarm
- Other (please specify)

- Not applicable

25. Have you ever used technology for health and wellbeing purposes, particularly through telehealth services?

- Yes, I have consulted with a healthcare provider via video calls or teleconferencing
- Yes, I have used telehealth platforms to schedule appointments, request prescriptions, or receive medical advice.
- Yes, I have participated in remote monitoring programs where healthcare professionals track my health data remotely.
- No, I prefer traditional in-person medical consultations.
- No, I haven't explored telehealth options for managing my health and wellbeing.
- Other (please specify)

TELL US ABOUT THE SERVICES IN WINTON

26. What health services do you leave Winton for that are currently not provided locally?

27. What health services in Winton do you use regularly and how often? For example, physiotherapy - monthly.



28. How satisfied are you with the accessibility of wellness and aged care services in Winton?

- For a small community, I think the access to programs and facilities are fair and reasonable
- I think there is room for improvement
- I am not really sure
- Significant change is needed including increase in services and purpose-built amenities

29. What improvements, if any, would you like to see in the aged care services available in Winton?
Select all that apply.

- Better education and understanding on what programs are available and how I can access them
- Improved opportunities for telehealth
- More fit-for-purpose housing
- A dedicated facility that provides for medium – to high care needs
- Better access to services provided in homes to allow ageing in place

30. What improvements, if any, would you like to see in the aged care services available in Winton?
Select all that apply.

- Investment in services and programs in the home should be prioritised over the building of new facilities.
- As a small community I understand that building a big new multi-purpose facility comes at a significant cost. I would therefore like to see Winton explore opportunities for additional facilities to be established in region such as more diversity of housing, increase in programs, re-use of buildings for service hubs and allied health in region.
- Regardless of our size, Winton deserves to have quality facilities and services that will ensure all residents have an opportunity to choose the right care for them.
- Other (please specify)

31. Do you agree with this statement?

Winton Shire Council should be responsible for investing in and providing aged care services and wellness programs for its senior residents.

- No, Council should not be responsible but has been providing the service in the absence of other providers.
- Somewhat, there are some services that Council should and can provide but Council should move away from being the registered Aged Care Provider in region should alternative providers be found.
- Yes, Council should continue to provide, invest and increase the aged care and health services.



32. How do you typically access services such as shops, post office, library around town?

- A friend takes me
- A family member takes me
- I walk
- I use a mobility scooter or wheelchair
- I drive my own vehicle
- I don't – I rarely leave the house and get friends/family to deliver to me
- Other (please specify)

33. How do you find the physical infrastructure and mobility around town?

- Excellent - Footpaths are well-maintained and easily accessible throughout the town.
- Good - Overall, the town provides decent accessibility, although there might be some areas that need improvement.
- Fair - Accessibility is inconsistent; some parts of the town have good infrastructure, while others lack proper footpaths or sidewalks.
- Poor - Footpaths and sidewalks are poorly maintained or non-existent in many areas, making it difficult to navigate the town safely.
- I'm not sure

Please nominate the streets where you believe accessibility and mobility improvements would be beneficial.

34. What do you believe should be the top priority for improving mobility around Winton?

- Investing in better footpaths to enhance pedestrian safety and accessibility.
- Implementing a daily bus service to connect different areas of the town.
- Introducing a taxi service to provide on-demand transportation for residents and visitors.
- Other (please specify)



35. What are your favourite places in Winton and how often do you visit them?

Would you be happy to be contacted to tell us more about living and ageing in Winton? If so, how would you like to be contacted? If you provide your details you will also go in the draw for a prize.

- Email
- Phone
- Through a family member

Enter relevant contact information.

THANK YOU FOR YOUR TIME AND INFORMATION. YOUR FEEDBACK IS GREATLY APPRECIATED.

