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RESEARCH REPORT

ADDRESSING DISTINCT
HOUSING NEEDS :
AN EVALUATION OF SENIORS'
HOUSING IN THE SOUTH ASIAN
COMMUNITY



**EXTERNAL
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**Addressing Distinct Housing Needs:
An Evaluation of Seniors' Housing in the South Asian Community**

Final Report

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Abstract

Ethnic minority older adults, many of whom are foreign-born, bring with them a unique set of residential experiences shaped in large part by the intersection of ethnicity, immigrant status, age and gender. This research is an exploratory study examining the residential experiences of older adults of the second largest ethnic minority group in Canada - the South Asians. This CMHC funded study explores the suitability and efficacy of South Asian older adults' current housing and support service options via a socio-spatial post-occupancy evaluation of a recently developed seniors' housing project (N = 28 older adult residents) in Surrey, British Columbia. Data are then compared with the residential and support service experiences of 30 community-dwelling South Asian older adults in the Greater Vancouver area. Research questions guiding this study include: (i) What are the current and future housing, related support services and transportation needs of South Asian older adults in the GVRD that would foster independent living and *aging in place* for this distinct population? and (ii) What are the distinct socio-cultural aspects of South Asian lifestyles and social networks that have implications for housing and community planning and design?

The study's findings highlight a strong reliance on family and neighbours for social support in the seniors' housing community, the importance of easy access to public transportation and ethno-specific services, and a notable preference for ethno-specific assisted living¹ and residential care facilities. The findings provide insights into the housing needs and barriers, current living arrangements, and support networks of South Asian Canadian older adults, allowing for the development of culturally-relevant seniors' housing policy for this large visible minority population.

¹ Assisted Living is a type of housing within the "Independent Living BC" program facilitated by BC Housing in partnership with the federal government, regional health authorities, and the private and non-profit sectors. This housing provides hospitality services, such as meals, housekeeping, social activities, as well as personal care and 24-hour response.

Executive Summary

There is a growing interest among researchers and the Canadian government to develop more appropriate housing and services for different population groups. This study was designed to address the gap in the research on housing for immigrant ethnic older adults. Specifically, it examined the suitability and effectiveness of South Asian older adults' current housing options and support services by conducting a post-occupancy evaluation with South Asian older adult residents in a seniors' housing project in Surrey, British Columbia (Guru Nanak Niwas), and compared these findings with housing conditions and the availability of support service for community-dwelling South Asian older adults in the Greater Vancouver Regional District (GVRD).

The objectives of this research were:

1. To identify the distinct housing and support service needs of South Asian older adults
2. To conduct post-occupancy evaluation of an existing South Asian seniors' housing project in British Columbia
3. To compare the housing characteristics of community-dwelling South Asian older adults with the characteristics of older adult tenants in a South Asian seniors' housing complex

Research questions guiding the study:

- 1) What are the current and future housing, related support services and transportation needs of South Asian older adults in the GVRD that would foster independent living and *aging in place* for this distinct population?
 - How well do existing senior housing and related support services meet the needs of South Asian older adults in the GVRD?
 - How well does current community housing meet the needs of South Asian older adults?
- 2) What are the unique socio-cultural aspects of South Asian lifestyles and social networks that have implications for housing and community planning and design?

The research plan involved mainly quantitative data collection and analysis methods. Data were collected with semi-structured questionnaires from older adults, both Guru Nanak Niwas residents and community-living, and family members of both groups. These questionnaires comprised queries regarding housing satisfaction, housing condition, related service needs and availability of services, barriers to access to housing and services, culture specific needs in housing and services, socio-demographic characteristics and health status. A few open-ended questions were included. Additionally, a physical inventory (quantitative data) was done of the housing and living arrangements using observation checklists. Focus group interviews with service providers were conducted using interview guides.

The study findings indicate that all older adults in the Guru Nanak Niwas felt that their housing allows them to maintain aspects of their culture -- their food preferences, their maintenance of South Asian traditions and their ethnicity. This result demonstrates that the first purpose-built housing for South-Asian older adults fosters important aspects of the immigrant older adults' daily lives. The informal support network and the South Asian staff members at GNN have created a comfortable and supportive environment for the residents, who feel comfortable to express or maintain their cultural identities. Many residents speak the same dialect, thus facilitating their social interaction. Within the facility, the residents are provided with the opportunity to attend workshops on various topics. However, both staff and residents have voiced the need for other support services (e.g., formal personal care and home-health caregivers) within the housing complex. A large segment of those surveyed in GNN and in the community prefer easy access to public transportation and ethno-specific services. Most respondents in the community felt the need to stay close to their families, and they wanted to live in safe and secure neighbourhoods.

The older adults and family members agreed that it was very important to have family and friends close by, and to have friends from the same cultural background. The majority of the respondents felt that they were in proximity to their ethnic community. Social interaction and support are quite strong in Guru Nanak Niwas. Most respondents at Guru Nanak Niwas felt that they are very sociable, and they interact with people within the housing complex on a regular basis. Family members make the effort to visit their relatives at Guru Nanak Niwas. A

majority of them visit Guru Nanak Niwas once a week. Both groups of older adults rely on family and friends from their own ethnic group for social interaction. In future studies, it will be useful to explore in-depth the informal social support network of ethnic older adults, especially those living in purpose-built housing.

One important finding was that the majority of respondents felt that it is important to have South Asian specific assisted living facilities. This is true regardless of how the respondents see themselves in terms of their national or ethnic identities. Older adults and family members pointed out the importance of the availability of South Asian meals and staff members speaking their language in assisted living facilities.

Service providers emphasized that there will be a greater need for low cost ethno-specific independent and assisted living in the future. Specifically, facilities that respond to the multi-cultural needs of immigrant older adults are required. It was noted that one option might be to have a number of beds in each facility designated for a specific ethnicity. It was also pointed out that the most prominent problems in reaching immigrant seniors in home support are language and cultural barriers. People may feel ashamed or embarrassed for needing the services and may not seek help. Furthermore, people may experience isolation in facilities where they cannot communicate with others. Therefore, it is important to plan and develop training programs to raise the cultural competency of both home support workers and caregivers in existing care facilities.

Planners, architects and designers need to be more aware of the ethno-specific needs of immigrant older adults when planning and designing seniors' housing and facilities. The importance of locational proximity to ethno-specific services should be an important planning consideration. Easy access to public transportation is also critical in assisting independent adults in maintaining their instrumental activities of daily life and general social networking. Although specific design features in Guru Nanak Niwas or the housing units did not emerge as significant to the needs of immigrant older adults, the issue needs to be explored in future in-depth studies. Interviews with open-ended questions and observations of behavioural patterns in and usage of different spaces within the units and common areas may reveal

environmental design aspects that would better address the cultural practices and beliefs of ethnic seniors.

Future housing policies addressing immigrant seniors could play a social advocacy role in creating relational bridges across diverse ethnic groups. It is possible that various ethnic communities may have common needs that could generate a coalition for identifying the housing and service needs across various ethnic older adults' groups. A participatory policy and planning forum could help coordinate the services provided by different providers in order to develop a more integrated and efficient delivery of responsive services.

This research adds to the research on immigrant and ethnic housing in Canada by focusing on an under-researched housing area –South-Asian seniors' housing needs and satisfaction. Information regarding the housing needs of a demographically changing population, particularly the housing needs of older adults belonging to the second largest ethnic minority group in Canada, is useful to housing designers and developers, as well as to government and non-government housing and support service providers. At the community level, service providers can use this information to provide housing and related services that foster independent living and *aging in place* for this distinct group of older adults. Researchers in the area of ethnicity and aging will also find these findings useful in understanding the housing needs and barriers, living arrangements and formal and informal support networks of Canadian South Asian older adults.

Résumé

Les chercheurs et le gouvernement canadien s'intéressent de plus en plus à la création de logements et de services mieux adaptés aux différents groupes de population. La présente étude visait à combler une lacune dans la recherche sur le logement en ce qui concerne les personnes âgées de différentes origines ethniques ayant immigré au Canada. Elle avait plus particulièrement pour but de déterminer si les services de soutien ainsi que les logements actuellement offerts sur le marché répondent aux besoins des personnes âgées venant d'Asie du Sud. Les auteurs de l'étude ont comparé les résultats d'une évaluation faite après emménagement auprès de personnes âgées originaires d'Asie du Sud installées dans un ensemble de logements pour personnes âgées à Surrey en Colombie-Britannique (l'ensemble Guru Nanak Niwas) aux conditions de logement et aux services de soutien offerts aux personnes âgées provenant d'Asie du Sud vivant au sein de la collectivité dans le District régional de Vancouver (DRV).

L'étude avait pour objectifs de :

1. Cerner les besoins particuliers en matière de logement et de services de soutien des personnes âgées originaires d'Asie du Sud;
2. Réaliser une évaluation après emménagement dans un ensemble existant de logements pour personnes âgées originaires d'Asie du Sud situé en Colombie-Britannique;
3. Comparer les caractéristiques des logements des personnes âgées originaires d'Asie du Sud qui vivent dans la collectivité à celles des personnes âgées locataires d'un ensemble de logements pour personnes âgées de la même origine ethnique.

Voici les questions que se sont posées les chercheurs :

- 3) À quels besoins actuels et futurs en matière de logement, de services de soutien connexes et de transport des personnes âgées originaires d'Asie du Sud qui vivent dans le DRV pourrait-on chercher à répondre pour favoriser leur autonomie et leur permettre de *vieillir chez eux*?
 - Dans quelle mesure les logements pour personnes âgées et les services de soutien connexes existants répondent-ils aux besoins des personnes âgées originaires d'Asie du Sud qui vivent dans le DRV?

- Dans quelle mesure les logements offerts actuellement dans la collectivité répondent-ils aux besoins des personnes âgées originaires d'Asie du Sud?
- 4) Quelles particularités socio-culturelles caractéristiques des réseaux sociaux et du mode de vie des personnes originaires d'Asie du Sud ont des répercussions sur la programmation des logements, l'architecture résidentielle, l'urbanisme et la conception des services communautaires?

Le plan de recherche prévoyait essentiellement la cueillette de données quantitatives et les méthodes d'analyse. Les données ont été recueillies à l'aide de questionnaires semi-structurés remplis par des personnes âgées parmi celles qui résident dans l'ensemble Guru Nanak Niwas et celles qui vivent dans la collectivité, ainsi que par les membres des familles des deux groupes. Ces questionnaires comportaient des questions sur la satisfaction quant au logement, les conditions de logement, les besoins en services, l'accessibilité de ces services, les obstacles à l'accès au logement et aux services, les besoins en logements et en services particuliers à cette communauté culturelle, les caractéristiques socio-démographiques et l'état de santé. Il y avait aussi quelques questions ouvertes. On demandait de plus aux répondants de dresser un inventaire physique (données quantitatives) des conditions de vie et de logement, à partir d'une liste de vérification d'observations. Des entrevues avec des groupes de discussion formés de fournisseurs de services ont été menées à l'aide de guides d'entrevues.

Selon les résultats de l'étude, toutes les personnes âgées vivant dans l'ensemble Guru Nanak Niwas ont l'impression que leur logement leur permet de conserver des aspects de leur culture (préférences alimentaires, traditions sud-asiatiques et appartenance ethnique). Cette étude démontre que le premier ensemble spécialement construit pour abriter des personnes âgées d'Asie du Sud favorise des aspects importants de la vie quotidienne des immigrants âgés. Le réseau de soutien informel et les membres du personnel de l'ensemble Guru Nanak Niwas originaires d'Asie du Sud créent un milieu où les résidents se sentent à l'aise et soutenus et où ils peuvent à loisir exprimer et conserver leur identité culturelle. Les interactions sociales se trouvent aussi facilitées, du fait que de nombreux résidents parlent le même dialecte. À l'intérieur de l'ensemble, les résidents ont la possibilité d'assister à des

ateliers sur différents sujets. Toutefois, à la fois le personnel et les résidents expriment le besoin d'avoir accès, à l'intérieur de l'ensemble de logements, à d'autres services de soutien (p. ex. à des services officiels de visite de soignants à domicile et de soins d'hygiène personnelle). Une part importante des personnes interrogées, à la fois parmi les résidents de l'ensemble Guru Nanak Niwas et parmi les personnes vivant dans la collectivité, préfèrent avoir une facilité d'accès aux transports en commun et à des services ethno-spécifiques. La plupart des répondants parmi les personnes vivant dans la collectivité ressentent le besoin de vivre à proximité de leur famille et veulent habiter dans des quartiers sûrs.

Les personnes âgées et les membres de leurs familles s'entendent sur la grande importance d'être proches physiquement de la famille et des amis, et d'avoir des amis ayant les mêmes antécédents culturels. Les répondants estiment majoritairement qu'ils vivent à proximité de leur communauté ethnique. L'étude souligne un niveau plutôt élevé d'interactions sociales et de soutien dans l'ensemble Guru Nanak Niwas. La plupart des répondants de l'ensemble Guru Nanak Niwas se disent très sociables et affirment entretenir des rapports suivis avec les autres locataires de leur ensemble résidentiel. Les membres des familles font l'effort de rendre visite à leurs proches vivant dans l'ensemble Guru Nanak Niwas. La majorité s'y rend une fois par semaine. Pour les deux groupes de personnes âgées, les interactions sociales se font avec la famille et avec les amis appartenant au même groupe ethnique. Dans les études futures, il sera utile d'évaluer en profondeur le réseau de soutien social informel des personnes âgées appartenant à des groupes ethniques, particulièrement celles qui vivent dans des résidences conçues expressément pour elles.

Un fait intéressant mis en lumière par l'étude est que pour la majorité des répondants, il est important d'avoir accès à des résidences-services spécialement adaptées aux Asiatiques du Sud. Cela est vrai indépendamment de la façon dont les répondants se perçoivent sur le plan de l'identité nationale ou ethnique. Les personnes âgées et les membres de leur famille ont souligné l'importance, dans les résidences-services, d'avoir accès à des repas conformes aux habitudes alimentaires des Asiatiques du Sud et à du personnel s'exprimant dans leur langue.

Les fournisseurs de services ont souligné qu'il faut s'attendre à un besoin grandissant de logements à prix modique dans des ensembles de logements adaptés aux différentes ethnies, que ces ensembles soient destinés à des personnes autonomes ou qu'ils offrent des services. Il faudra entre autres songer à répondre aux besoins multi-culturels des personnes âgées ayant immigré ici. Une solution proposée est de réserver dans chaque ensemble un certain nombre de lits aux membres d'une communauté en particulier. Les fournisseurs de services ont aussi souligné que les barrières érigées par la langue et la culture sont les éléments qui font le plus obstacle à la communication avec les immigrants âgés. Ceux-ci éprouvent parfois de la honte ou de l'embarras d'avoir à réclamer des services et peuvent s'abstenir de demander de l'aide. Et c'est sans compter qu'ils peuvent se sentir isolés du fait de ne pouvoir communiquer avec les autres dans les établissements. Il est donc important de prévoir et d'élaborer des programmes de formation destinés à relever le niveau de compétence culturelle tant chez les personnes qui offrent des services à domicile que chez les soignants qui travaillent dans les ensembles de logements existants.

Quand ils dessinent et conçoivent les ensembles de logements et leur aménagement, les urbanistes, les architectes et les concepteurs doivent être plus au fait des besoins ethno-spécifiques propres aux immigrants âgés. La proximité de services ethno-spécifiques devrait constituer un point important dans la planification. Il est également primordial de prendre en considération la facilité d'accès aux transports en commun si l'on veut aider les personnes autonomes à poursuivre leurs activités quotidiennes et à maintenir les liens qu'elles entretiennent avec leur réseau social. Même si les caractéristiques d'aménagement de l'ensemble Guru Nanak Niwas ne ressortent pas comme étant importantes pour les besoins des immigrants âgés, ces caractéristiques méritent quand même qu'on s'y attarde dans les études futures. Des entrevues menées au moyen de questions ouvertes et l'observation des modèles de comportement dans différents espaces, ainsi que l'observation de l'usage qui est fait des différents espaces, qu'il s'agisse d'aires privées ou d'aires communes, pourraient révéler des particularités de l'aménagement du cadre de vie qui colleraient davantage aux croyances et aux habitudes culturelles des immigrants âgés.

Les futures politiques de logement applicables aux immigrants âgés pourraient défendre les intérêts de ce segment de la population et contribuer à jeter des ponts entre les différents groupes ethniques. Il est possible que des communautés ethniques différentes partagent des besoins communs. Il pourrait alors se créer une coalition qui cernerait les besoins en matière de logements et de services des membres âgés de ces communautés. Un forum participatif d'élaboration de politiques et de planification pourrait aider à coordonner les services offerts par les différents fournisseurs afin de mettre sur pied des services adaptés aux besoins qui seraient mieux intégrés et plus efficaces.

La présente étude enrichit la recherche sur le logement offert aux immigrants et aux représentants des groupes ethniques vivant au Canada en mettant l'accent sur un volet négligé de la recherche dans le domaine de l'habitation, soit celui qui est consacré aux besoins en logements des personnes âgées originaires d'Asie du Sud et à leur satisfaction à cet égard. L'information sur les besoins en logements d'une population en évolution sur le plan démographique, particulièrement les besoins en logements des personnes âgées appartenant à la deuxième minorité ethnique en importance au Canada, ne peut qu'être utile aux architectes et aux promoteurs ainsi qu'aux fournisseurs de logements et de services de soutien des secteurs privé et public. En ce qui a trait aux personnes vivant dans la collectivité, les fournisseurs de services peuvent recourir à cette information pour fournir des logements et des services connexes qui favorisent l'autonomie de ce groupe particulier de personnes âgées, de façon à leur permettre de *vieillir chez eux*. Les résultats de cette étude seront également utiles aux chercheurs qui se penchent sur le fait ethnique et le vieillissement en ce qu'ils les aideront à mieux comprendre les difficultés et les besoins en matière de logement, les conditions de logement et les réseaux de soutien officiels et informels des Canadiens âgés originaires d'Asie du Sud.



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INTRODUCTION

Older adults² and ethnic minorities are two population groups in Canada with distinct housing needs. Although there has been research (e.g., Gutman et al., 1999) on housing, community and support services for the older adult population, limited attention has been given to the specific issues and needs of ethnic minority groups (e.g., Hulchanski, et al., 1996; MOSAIC, 1996, 2002; Ray et al., 1997). The research literature on housing and ethnic studies in Canada provides information on access to housing for immigrant groups (e.g., Hulchanski, 1997; Hulchanski et al., 1996, Lundrigan, 1992; Ray & Moore, 1991), and the residential segregation or integration of ethnic minority groups (e.g., Balakrishnan, 2001; CMHC, ongoing; Fairbairn & Khatun, 1989; Mercer, 1989; Li, 1994; Ray et al., 1997). However, there are few studies on housing needs, adequacy and cost for ethnic older adults. In British Columbia, several reports from government and community service agencies have focused on housing needs and homelessness in ethno-cultural groups (e.g., Circa Enterprises for BC Housing, MOSAIC 1996 & 2001). However, little attention has been paid to the housing situations of immigrant older adults that comprise a large group (39.4%) in the 65+ population (Statistics Canada, 2002).

Canadian policy on immigration and multiculturalism has contributed to the emergence of an increasingly diverse ethno-cultural landscape. Added to this diversity is the identity marker of age, as older adults continue to form a growing proportion of ethnic minority communities. Minority older adults, many of whom are foreign-born, bring with them a unique set of experiences shaped in large part by the intersection of ethnicity, immigrant status, age, class and gender. Research has indicated that immigrant populations have: (1) unique approaches to the usage of “home” and “community” space (e.g., Amor, 2004; Dearborn, 2001); and (2) differing patterns of access to and utilization of housing and community services (e.g., Dunn & Dyck, 1999; Ray & Moore, 1991). Despite these noted differences, few studies have examined the housing and health service needs of ethnic minority older adults in Canada.

² The term older adult is used to denote people over the age of 55.

The second largest ethnic minority group in Canada³ is the South Asian community and, after Toronto, the GVRD has the largest concentration of South Asians in the country. In the GVRD, 7 percent of the population are of South Asian descent (Statistics Canada, 1996). According to the 1996 Census, 19 percent of the South Asian population is between the ages of 45 and 64 years. The fact that almost one-fifth of the South Asian Canadian population is in this middle-older age group has important implications for housing and related social and health care planning. Indeed, it is important to ensure that services are flexible and suitable to meet the diverse needs of this distinct group of older adults.

There is a growing interest among researchers and the Canadian government to develop more appropriate housing for different population groups. Canada Mortgage and Housing Corporation (CMHC) promotes the development of diverse forms of both housing and communities that can easily be adapted to meet the distinct and changing needs of Canadians. The GVRD has approximately 45 housing projects that are listed as Special Interest Housing⁴ in the Seniors Housing Information Programs (SHIP) housing directory that are geared towards specific ethnic groups. However, these are mainly developed for the Cantonese/Mandarin speaking (33 %) and Eastern European and Scandinavian communities (34 %). Until now there has not been any senior housing development for South Asian Canadians. This is despite the fact that this population group is the second largest ethnic minority group in Canada.

This study was designed to address the gap in the research on housing for ethnic older adults. Specifically, it examined the suitability and effectiveness of South Asian older adults' current housing options and support services by conducting a post-occupancy evaluation with South Asian older adult residents in a seniors' housing project in Surrey, British Columbia, and compared these findings with housing conditions and the availability of support service for

³ The largest ethnic minority group in both Canada and the GVRD are Chinese-Canadians. Housing and related service needs of this group have been studied more than those of other minority groups. Thus, in this research project we are going to focus on the second largest ethnic group, the Indo-Canadians, who have distinct housing needs.

⁴ Special Interest Housing is used to identify housing that is of interest to a specific group, such as ethnic housing, Veteran's housing, etc.

community-dwelling South Asian older adults in the Greater Vancouver Regional District (GVRD).

Guru Nanak Niwas Seniors' Housing complex has been in operation since November 2002. This project, developed by the Progressive Intercultural Community Services Society (PICS) and fully funded by BC Housing, is the first seniors' housing project designed for the South Asian community in Canada. 'Guru Nanak Niwas' was named after the humanitarian Guru Nanak Devji, a Sikh religious leader. This building is composed of six floors, with 54 units for independent living. Five of the units have two bedrooms and the rest have one bedroom.

The opening of the PICS Senior Housing Project provided an excellent opportunity to examine the suitability and effectiveness of a distinct housing development for South Asian older adults. Additionally, a comparison with the needs of community-dwelling South Asian seniors provided information on both the advantages and limitations of seniors' housing for this population group. Further, it helped to identify some of the future housing and service needs of this group of older adults, through determining the factors that allow them to maintain independence and well-being in an environment of their choice.

Research objectives

1. To identify the distinct housing and support service needs of South Asian older adults
2. To conduct post-occupancy evaluation of an existing South Asian seniors' housing project in British Columbia
3. To compare the housing characteristics of community-dwelling South Asian older adults with the characteristics of older adult tenants in a South Asian seniors' housing complex

Research questions

- 1) What are the current and future housing, related support services and transportation needs of South Asian older adults in the GVRD that would foster independent living and *aging in place* for this distinct population?
 - How well do existing senior housing and related support services meet the needs of South Asian older adults in the GVRD?

- How well does current community housing meet the needs of South Asian older adults?
- 2) What are the unique socio-cultural aspects of South Asian lifestyles and social networks that have implications for housing and community planning and design?

RESEARCH METHODOLOGY

The research plan involved mainly quantitative data collection and analysis methods. Data were collected from older adults, both Guru Nanak Niwas residents and community-living, and from family members of both groups of seniors using semi-structured questionnaires. These questionnaires included queries regarding housing satisfaction, housing condition, related service needs and availability of services, barriers to access to housing and services, culture specific needs in housing and services, socio-demographic characteristics and health status. A few open-ended questions were included. Additionally, a physical inventory (quantitative data) was done of the housing and living arrangements using observation checklists. Focus group interviews (qualitative) with service providers were conducted using interview guides.

SAMPLE SIZE AND SELECTION

Guru Nanak Niwas seniors' housing complex residents

Data were collected from 28 South Asian seniors living in Guru Nanak Niwas (the PICS seniors' housing complex). Initially, it was proposed that 30 South Asian seniors would be interviewed from this 54 unit independent living facility. However, there were only 28 South Asian seniors living at the facility during the time of interview, as three had moved out of the facility due to health and family reasons. The research assistant also completed a resident's unit observational checklist during each of the interview sessions.

Community-living older adults

A comprehensive list of community-dwelling older adult South Asians is not available at present. Non-random purposeful sampling techniques were used to recruit participants

through community service organizations, temples and ethno-specific seniors' centers. Data were collected from 30 seniors living in the community. These seniors were selected from three areas where there is a concentration of South Asian immigrants: Surrey/Delta, South Vancouver and Burnaby. Interviews were conducted with seniors living in intergenerational households, as well as with seniors living independently in nuclear households. There were 17 interviewed from intergenerational households and 13 seniors from nuclear households. More seniors were interviewed at the Surrey/Delta location due to the higher concentration of South Asians living in that area. Fourteen seniors were interviewed in that area, followed by 10 in Burnaby and 6 in Vancouver. The research assistant also completed a dwelling and neighbourhood inventory during each interview.

Family members of Guru Nanak Niwas residents and community-living older adults

Interviews were conducted with 15 family members of seniors living in Guru Nanak Niwas and with 15 family members of seniors living in multigenerational households in the community.

Administrative staff at Guru Nanak Niwas

Three staff members were interviewed to collect information on the history and management of the facility.

Facility inventory

The research assistant who collected data from the Guru Nanak Niwas residents also conducted an observational inventory of the common spaces within the facility and of the surrounding neighbourhood.

RESEARCH PROTOCOLS

A version of the user satisfaction survey developed by Gutman et al. (2001) for the CMHC funded study on housing options for older adults was used in this research project to collect data from both residents in the Guru Nanak Niwas complex and community-dwelling older adults. The questionnaire was adapted to include questions on culture and ethnicity. These

cultural questions were adapted from “The Experiences of Immigrant Seniors Survey” developed by Abu-Laban, Ng and Northcott in Alberta.

The interviews with older adults provided data on past focused life history related to residential experiences, present residential and community context, and future socio-spatial needs to foster community living and independence. Specifically, two sets of questionnaires were developed for data collection with South Asian seniors living in Guru Nanak Niwas (GNN), seniors living in the community and their family members.

The first set of questionnaires include:

- Guru Nanak Niwas Resident Satisfaction Survey
- Guru Nanak Niwas Resident’s Family Member’s Survey
- Guru Nanak Niwas Resident’s Unit Architectural Checklist

The second set of questionnaires include:

- South Asian Older Adult Housing Survey: Community Housing
- Family Member Survey for Community-Dwelling Older Adults
- Dwelling And Neighbourhood Checklist: Community-Dwelling Older Adults

All four survey questionnaires for the GNN seniors, seniors living in the community and their family members included questions on demographics, socio-cultural characteristics, social interaction and support systems, personal housing history and living arrangement, characteristics of current residence, satisfaction with housing and living arrangement, and characteristics of neighbourhood and surrounding area. The Guru Nanak Niwas Resident Satisfaction Survey included additional questions on characteristics of shared spaces and services, safety, satisfaction with services, involvement and satisfaction with management operations and interaction with staff members.

The questionnaire developed for the seniors living in the community included additional questions on regularity of interaction within the intergenerational households, task

distribution within the household and the roles and responsibilities of the seniors and their children.

- A facility checklist was developed for Guru Nanak Niwas and a housing and neighbourhood checklist was developed for the seniors living in the community.
- A facility management and history checklist was developed to collect data from management staff at Guru Nanak Niwas.
- An informed consent form was developed for the participating seniors.

These protocols were submitted to a CMHC representative for review. Modifications were made based on feedback from the CMHC representative. The protocols were shared with CMHC in the May 2004 interim report. Examples of all protocols are provided in the Appendices section of the report. Ethics approval for human subjects research was obtained from Simon Fraser University's review board before data collection.

Two research assistants were hired to collect data from residents in Guru Nanak Niwas and from seniors living in the community (one assistant interviewed older adults in Guru Nanak Niwas and the other interviewed older adults in the community). Both of these research assistants were hired from community-based service organizations and could fluently speak English, Punjabi and Hindi. These research assistants also interviewed family members of the older adults. One research assistant translated the two seniors' questionnaires and the two family members' questionnaires into Punjabi, as this is the mother tongue of most of the South Asian seniors interviewed. She also translated the informed consent form into Punjabi. Though the research assistants used the English version of the questionnaires to record the data, they shared copies of the Punjabi-translated questionnaire with the participants and asked the questions in Punjabi when needed. Before the actual data collection, the research assistants pilot tested the research instruments with a few seniors to check for flow of questions, level of clarity and redundancy of questions. Some modifications were made based on feedback from the pilot study.

FOCUS GROUP INTERVIEWS WITH SERVICE PROVIDERS

Two focus group interview/discussion sessions were conducted with service providers to the South Asian and immigrant communities. These sessions were conducted in March 2004, one in Vancouver and the other in Surrey. Examples of focus group questions are provided in the Appendices.

The services providers were asked to discuss issues under three categories:

- Existing services, especially housing related services for South Asian seniors, South Asian immigrants and seniors in general.
- Successes, gaps and barriers in service delivery to South Asian seniors and South Asians in general.
- Strategies and actions to improve services and access to services for South Asian seniors.

The service organizations represented at these sessions are as follows:

- South Vancouver Neighbourhood House
- MOSAIC
- Richmond Multicultural Concerns Society
- Senior's Housing Information Program
- Ross Street Sikh Temple
- SUCCESS
- Progressive Intercultural Service Society (PICS)
- Surrey/Delta Seniors Centre Society
- Surrey-Delta Immigrant Service Society
- OPTIONS
- Guru Nanak Sikh Temple
- Fraser Health Authority
- Coastal Health Authority

DATA ANALYSIS

A third research assistant was hired to assist in data management and analysis. Data on all of the variables from all the semi-structured questionnaires were analyzed using SPSS software. Responses to the open-ended questions were content analyzed for common categories and themes. Descriptive statistical analysis (through the use of frequencies and percentages) were performed on the quantitative data to provide comparative assessment on housing characteristics, neighbourhood facilities and services, social interaction patterns, demographic characteristics and socio-cultural variables for the residents in Guru Nanak Niwas, older adults living in the community and their family members. Data collected through the facilities inventory and the housing management checklist were also summarized. The focus group responses were summarized under the three main categories addressed during the focus group meeting. The results of the data analysis are presented in the following section.

RESULTS

PROJECT HISTORY AND MANAGEMENT – GURU NANAK NIWAS (GNN)

Project development history

The Guru Nanak Niwas facility is a not-for-profit organization that has been in operation since November of 2002. Progressive Intercultural Community Service Society (PICS) started planning for this facility in the year 2000, based on a needs assessment conducted in the South Asian community. Both the City of Surrey and B.C. Housing were involved in the development of this project, and a board of directors was established.

The total estimate cost for the project was \$8.5 million, with the land costing \$750,000. The government provided \$7.4 million. Specifically, B.C. Housing provides a subsidy of \$450,000 annually, though this was based on the condition that the land was free. The project also received \$450,000 from donations used to purchase the land: \$150,000 came from the Real Estate Foundation and \$275,000 from fundraising. A mortgage of \$8,050,000 was provided by B.C. Housing, with a repayment period of sixty years.

Neighbourhood context

The specific site was chosen for several reasons. It has a central location in the South Asian community. It is also close to shopping centres, a bus stop, the temple, and South Asian markets. There are various community services located within walking distance of the housing complex. These include a supermarket, a convenience store, a South Asian grocery store, a doctor's office where Punjabi and Hindi are understood, and ethno-specific restaurants.

Resident selection

To be eligible for residency, a person must be a minimum of 55 years of age. Residents should be independent and able to walk, cook, and take care of themselves. The facility is open to all ethnicities and people with low income are given priority, as are those in abusive relationships. There is a waiting list for potential residents. An orientation program is

available for new residents, though a handbook regarding rules and emergency procedures is not available. At present, there are 54 units with about 100 residents. Approximately 70 percent of the residents are of South Asian origin.

Management and operations

The project receives ongoing sources of income through rent and government subsidies. All residents pay less than \$500 per month for rent and utilities. PICS has the overall responsibility of managing the operation of this project, which does not have a board of directors. Regarding staff members, there is one part-time administrator and one janitorial and maintenance worker. New staff members go through an orientation program, and are provided with a policy and procedures manual. Staff members attend regular staff meetings, though they do not regularly attend the board meetings. None of the services at the facility are contracted out.

Residents have regular meetings and are part of committees, including Block Watch and a resident's committee. When conflicts arise between tenants, complaints are accepted by the manager and attempts are made to resolve the conflict. Tenants have been evicted from the facility and the management policies are sensitive to the needs of the South Asian tenants and their way of life. Both management and staff speak the dialect of the residents. Many residents speak the same dialect, facilitating social interaction amongst themselves. Within the facility, the residents are provided with the opportunity to attend workshops on various topics. Both staff and residents have voiced the need for other support services within the housing complex, for example, a periodic doctor's visit to the complex, regular availability of counselors speaking the dialect of the residents and more support for formal personal care and home-health caregivers.

After the project was completed, some changes were made to the physical environment of the building to accommodate the residents' needs. One major safety feature -- grab bars in bathrooms -- was overlooked during initial construction. These needed to be installed after construction was completed. As well, the corridors outside residents' units initially did not have handrails. Many of the residents felt unsafe moving in this space without some type of

support on the walls. Some of the residents also liked to take short walks in the corridor outside their units, and this was hindered by the absence of the guardrails. This safety feature was installed later. A physical/environmental inventory of the Guru Nanak Niwas complex was conducted using a checklist. Data from that checklist is presented below.

HOUSING COMPLEX AND NEIGHBOURHOOD ENVIRONMENTAL INVENTORY – GURU NANAK NIWAS (GNN)

Neighbourhood context

The Guru Nanak Niwas facility is in an urban area and is surrounded by both commercial businesses and residential housing. The site is unique in that it is near the Guru Nanak Niwas Sikh temple, a South Asian food store, and six South Asian restaurants. Within the neighbourhood, there are sidewalks, heavy traffic and streetlights. There are also many services available, including a bus stop, a community centre, a beauty parlour and barber shop, general and ethnic grocery stores, a shopping mall, a convenience store, a pharmacy, a temple and a library. Fast food restaurants and theatres are also nearby.

The areas around the site and the site grounds are average in attractiveness. The site grounds and buildings are very well maintained. The architectural design is aesthetically pleasing. Specifically, the buildings on-site are not identical to each other, but they all seem to be architecturally related. The design is primarily residential and blends well with the neighbourhood context. The overall design is appropriate in its intended use, but does not have any distinctive architectural features.

The Housing Complex

Exterior of the Building

The main entrance of the building is sheltered from the sun and rain, well lit at night and barrier free. It is visible from the seating in the lobby, but not from the employee's station. Outside seating is provided at the side of the building, with a view of pedestrians. However,

it is not visible from the entrance of the lobby or the employee's station and it is not protected from the weather. A communal patio is also available for the residents. It contains seating and tables, and the furniture is in good condition. It is also accessible to people using wheelchairs.

Outdoor Patio

| Features | Yes | No |
|---|------------|-----------|
| Seating for residents | √ | |
| Tables available | √ | |
| Outdoor furniture in good condition | √ | |
| Covered/Rainproof area | | √ |
| Area with protection from the sun | | √ |
| Barbeque | | √ |
| Greenhouse | | √ |
| Area for residents to do gardening | | √ |
| Raised garden beds | | √ |
| Lawn | √ | |
| Landscaped area where residents can sit or stroll | √ | |
| Accessible to people using wheelchairs or walkers | √ | |
| Outdoor recreational amenities available | | √ |

The area immediately outside the housing complex is adequately landscaped and maintained, with some outdoor furniture available for seating. However, due to the lack of protection from sun and rain, as well as the absence of outdoor recreational activities or gardening opportunities, it is not much used by the residents. Parking is available for residents and visitors. Handicapped parking stalls are also available. Although the parking area was not initially well-lit at night, more lights have been installed recently. However, residents feel there is not enough parking available.

Landscaping

| Features | Yes | No |
|--|------------|-----------|
| Contains a variety of natural plantings | √ | |
| Plantings appropriate for the area climate | √ | |
| Plantings non-toxic | √ | |
| Area with soft ground cover | | √ |
| Area with hard ground cover | √ | |
| Paths/Walkways | √ | |
| Trees and shrubs mature | | √ |
| Trees that provide a shaded area | | √ |
| Attractive | √ | |
| Well-maintained | √ | |
| Gardens/grounds well-lit at night | | √ |

Interior of the Building*Lobby and Entrance Area*

| Features | Yes | No |
|--|------------|-----------|
| Bell or call system at front entrance | √ | |
| Front door open by buzzer system in each suite | √ | |
| Front door opens automatically | √ | |
| Front door swings closed by itself | √ | |
| Front door wide enough for a wheelchair | √ | |
| Access to building monitored | √ | |
| Reception area | | √ |
| Place for visitors to sign in | | √ |
| Area for posters and notices | √ | |
| Adjacent room for a visiting doctor | | √ |
| Washroom nearby | √ | |
| Mail pick-up area | √ | |

The building has both a lobby and a lounge near the entrance. The lobby has seating and the lounge is furnished. Within a rectangular corner of the lounge sits a large television with a video and satellite. The room is bright since it has large windows on two sides. Two sofas are positioned close to the television. Near the kitchen area there is a dining table that can be used for meals during special events.

The hallways are not crowded or obstructed. They are equipped with handrails and smoke detection devices and are adequately lighted. Although the hallways are clean, they lack personalization and look somewhat institutional. Drinking fountains and public telephones are not available in the hallways. The stairs within the complex look safe and are well lighted, with nonskid surfaces and appropriate handrails. Residents do not need to use stairs to access areas for common use.

The building design is uncomplicated and moderate in size. Way finding is made easier by the placement of some readable signage. This signage is in English, and not in Punjabi -- the most commonly spoken language by the residents. However, the residents have not voiced any difficulty in finding their way around the building. A bulletin board is located in a public area. Residents do not have their names on their doors, and the floors and corridors are not adequately color-coded. A public address system is not available within the facility.

Communal Areas within the Building

| Area | Yes | No |
|------------------------|------------|-----------|
| Main lounge | √ | |
| TV lounge | √ | |
| Dining room | √ | |
| Communal kitchen | √ | |
| Prayer/Meditation room | √ | |
| Community room | √ | |
| Library/Reading room | | √ |
| Music/Listening room | | √ |
| Games room | | √ |
| Exercise room | | √ |
| Arts and crafts | | √ |
| Doctor's room | | √ |
| Common laundry room | √ | |
| Computer room | √ | |

There is one laundry room on the main floor and the facilities are easily accessible. There are no special or innovative features within any of the recreational areas. As previously noted, there is one lounge in the building, located on the main floor. It is accessible at all times. The

décor, which does not reflect a South Asian theme, is generally pleasing. The furnishings in the lounge are homelike and seem comfortable for residents.

Lounge

| Features | Yes | No |
|--|------------|-----------|
| Seating areas | √ | |
| Folding tables | √ | |
| Writing desks | √ | |
| Reading material available | | √ |
| Table lamps | | √ |
| Furniture spaced wide enough for wheelchairs | √ | |
| Quiet lounge with no television | | √ |
| Décor and furnishings homelike | √ | |
| Adequate lighting | √ | |
| Cupboard space | | √ |
| Chair storage | √ | |
| Washrooms nearby | √ | |

Staff and Office Areas

There is office space for administrative, secretarial and clerical, social services, and other staff, including volunteers and those working part-time. Additional rooms are not available for handling mail, copying, or printing. The facility does not have a conference room or a staff lounge.

Shared Bathroom and Toilet Areas

There are shared resident bathroom areas for residents located on the main floor near the lounge. Staff members also have a shared bathroom. These bathrooms are wheelchair accessible. They also have a few call buttons that are easily reached. Fluorescent lighting is used in these bathrooms.

Overall Environmental Characteristics of Common Areas

Illumination levels were rated as good in all areas. These areas include the main lobby, the lounge, the hallways and the staircases. Within these same areas, noise levels were rated as quiet. The windows received mixed ratings. An adequate number of windows are located in the main lobby and staircases. There are many windows in the lounge, giving it an open

feeling, but windows are not present in the hallways. Residents can easily view the exterior from all of the previously noted windows.

The residents' units are nearly identical. They have some variation in size, shape, and furniture arrangement, though the differences are not very noticeable. The units allow for personalization and most of the furnishings and objects in the rooms belong to the individuals. The entryways to the residents' units, on the other hand, offer little opportunity for personalization. There is a moderate distinctiveness in the design and character of the building. The furnishings vary from room to room, but the overall design of the rooms is the same.

SURVEYS RESULTS

GURU NANAK NIWAS (GNN) RESIDENTS, COMMUNITY LIVING (CL) OLDER ADULTS AND FAMILY MEMBERS

Demographics

Demographics: Guru Nanak Niwas Residents

Of the 28 participants living in the Guru Nanak Niwas complex, 13 (46.4%) were female and 15 (53.6%) were male (see Table 1). The participants were between the ages of 54 and 89, with the average age being 69.5 years. An equal number of participants were married or widowed (N=11, 39.3%), while 6 participants (21.4%) were separated or divorced.

The participants had an average of 2.4 sons, who mostly lived in the GVRD (N=24, 42.1%) (Figure 1), South Asia (N=10, 17.5%), or in other areas, including England (N=11, 19.3%). The average number of daughters was 2.1, the majority of whom lived in the GVRD (N=30, 61.2%) (Figure 2), or in other areas such as Europe (N=11, 22.4%). The average age of their sons was 43.6 years while the average age of their daughters was 46.4 years.

The respondents had an average of 11.5 grandchildren. Of these, approximately 7.9 lived in the GVRD. Most participants met with their children and grandchildren 2-3 times per week (N=8, 30.8%), once every 2 weeks (N=5, 19.2%), or rarely (N=5, 17.9%). The respondents also had an average of 5.4 other family members living in the GVRD. They rarely met with these relatives (N=9, 52.9%) or, if they did, it occurred only once a month (N=3, 17.6%).

The majority of participants were of Punjabi descent (N=19, 67.9%), with Punjabi as their mother tongue (N=18, 64.3%). The remaining participants were of Hindu descent and spoke Hindi (N=9, 32.1%). A few participants were fluent in other languages, including English (N=6, 21.4%) and Urdu (N=3, 10.7%). Regarding religion, most participants were Sikh (N=19, 67.9%), followed by Hindu (N=6, 21.4%) and Christian (N=1, 3.6%).

| | Total | Guru Nanak Niwas | Community Housing |
|--------------------------------|-------------------------|-------------------------|---------------------------|
| Gender | | | |
| Females | 54.9 (N=32) | 46.4 (N=13) | 63.3 (N=19) |
| Males | 45.1 (N=26) | 53.6 (N=15) | 36.7 (N=11) |
| Age | $\bar{X} = 68.6$ (N=58) | $\bar{X} = 69.5$ (N=28) | $\bar{X} = 67.7$ (N=30.0) |
| Marital Status | | | |
| Married | 60.3 (N=35) | 39.3 (N=11) | 80.0 (N=24) |
| Separated/Divorced | 10.3 (N=6) | 21.4 (N=6) | 0.0 (N=0.0) |
| Widowed | 29.3 (N=17) | 39.3 (N=11) | 20.0 (N=6) |
| Ethnicity | | | |
| South Asian Punjabi | 84.4 (N=49) | 67.9 (N=19) | 10.0 (N=30.0) |
| South Asian Other | 15.6 (N=9) | 32.1 (N=9) | 0.0 (N=0.0) |
| Currently Employed | 12.1 (N=7) | 17.9 (N=5) | 6.7 (N=2) |
| Religion | | | |
| Sikh | 83.9 (N=47) | 67.9 (N=19) | 93.3 (N=28) |
| Hindu | 14.3 (N=8) | 21.4 (N=6) | 6.7 (N=2) |
| Christian | 1.8 (N=1) | 3.6 (N=1) | 0.0 (N=0.0) |
| Education Level | | | |
| Some high school | 55.2 (N=32) | 50.0 (N=14) | 60.0 (N=18) |
| High school graduate | 8.6 (N=5) | 10.7 (N=3) | 6.7 (N=2) |
| Trade School/Diploma | 13.8 (N=8) | 17.9 (N=5) | 10.0 (N=3) |
| College/University Degree | 1.7 (N=1) | 0.0 (N=0.0) | 3.3 (N=1) |
| Post Graduate Degree | 10.3 (N=6) | 17.9 (N=5) | 3.3 (N=1) |
| Other | 10.3 (N=6) | 3.6 (N=1) | 16.7 (N=5) |
| Household Income | | | |
| Below \$10,000 | 37.5 (N=21) | 71.4 (N=20.0) | 3.3 (N=1) |
| \$10,001-\$15,000 | 16.1 (N=9) | 21.4 (N=6) | 10.0 (N=3) |
| \$15,001-\$20,000 | 5.4 (N=3) | 3.6 (N=1) | 6.7 (N=2) |
| \$25,001-\$30,000 | 1.8 (N=1) | 0.0 (N=0.0) | 3.3 (N=1) |
| \$30,001-\$35,000 | 3.6 (N=2) | 0.0 (N=0.0) | 6.7 (N=2) |
| \$40,001-\$45,000 | 1.8 (N=1) | 0.0 (N=0.0) | 3.3 (N=1) |
| \$45,001-\$50,000 | 33.9 (N=19) | 3.6 (N=1) | 60.0 (N=18) |
| Years lived in Canada | $\bar{X} = 16.7$ (N=58) | $\bar{X} = 16.0$ (N=28) | $\bar{X} = 17.4$ (N=30.0) |
| Age of Immigration | $\bar{X} = 51.6$ (N=58) | $\bar{X} = 52.8$ (N=28) | $\bar{X} = 50.4$ (N=30.0) |
| Canadian Citizen | | | |
| Yes | 75.4 (N=43) | 82.1 (N=23) | 66.7 (N=20.0) |
| No | 24.6 (N=14) | 14.3 (N=4) | 33.3 (N=10.0) |
| Number of Children | | | |
| Sons | $\bar{X} = 2.2$ (N=57) | $\bar{X} = 2.4$ (N=27) | $\bar{X} = 2.0$ (N=30.0) |
| Daughters | $\bar{X} = 2.1$ (N=58) | $\bar{X} = 2.1$ (N=28) | $\bar{X} = 2.0$ (N=30.0) |
| Number of Grandchildren | $\bar{X} = 9.4$ (N=56) | $\bar{X} = 11.5$ (N=26) | $\bar{X} = 7.3$ (N=30.0) |

TABLE 1: Demographics: Guru Nanak Niwas and Community-Dwelling Seniors

Only five (17.9%) of the respondents were currently working. Half of the participants had some high school education (N=14, 50%), while three (10.7%) were high school graduates. The remaining respondents had a postgraduate degree (N=5, 17.9%) or a trade school degree/diploma (N=5, 17.9%). Since the majority of respondents were not currently employed, most had a household income below \$10,000 (N=20, 71.4%). Only one participant (3.6%) had an income between \$45,000 and \$50,000.

The average length of time the respondents have lived in Canada is 16 years, with an average age when immigration age of 52.8 years. The main reason for immigrating was to be with family (N=19, 67.9%), followed by helping their children (N=4, 14.3%) and way of life (N=3, 10.7%). Most respondents came to Canada as sponsored immigrants (N=25, 89.3%), with sons (N=11, 39.3%) and daughters (N=10, 35.7%) being the most likely sponsors. Twenty-three (82.1%) respondents are now Canadian citizens.

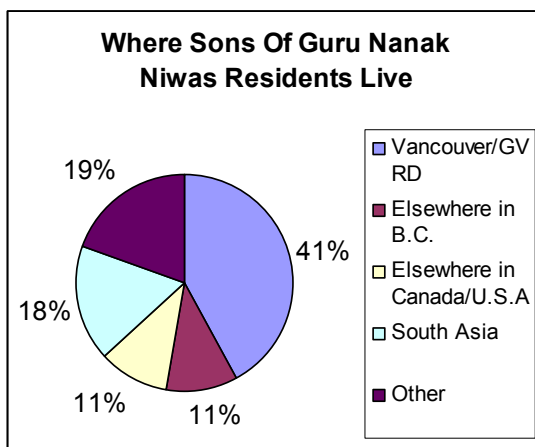


FIGURE 1: Place of residence of sons of GNN residents

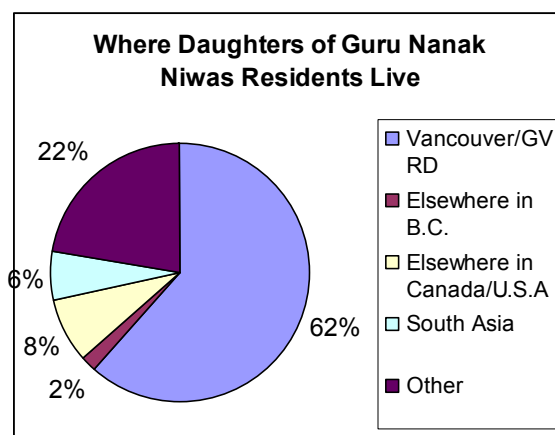


FIGURE 2: Place of residence of daughters GNN residents

Demographics: Older Adults in Community Housing

The majority of respondents in the community housing survey lived in Surrey (N=14, 46.7%), followed by Burnaby (N=10, 33.3%) and Vancouver (N=6, 20%). Nineteen (63.3%) of the respondents were female and eleven (36.7%) were male. Ages ranged between 53 and 87 years, with 67.7 years being the average. Eighty percent (N=24) of participants were married, while the remaining six (20%) were widowed.

Older adults living in the community have an average of two sons, most of whom live in the GVRD (N=38, 67.9%) (Figure 3). They also have an average of two daughters, most of whom also live in the GVRD (N=36, 65.5%) (Figure 4). The average age of their sons is 37.7 years, and for their daughters it is 34.6 years. All participants were South Asian Punjabi and all were fluent in Punjabi. Some participants were also fluent in English (N=11, 36.7%) and Urdu (N=3, 10%). The majority of participants were Sikh (N=28, 93.3%), while two (6.7%) were Hindu.

Most participants (N=25, 83.3%) were not currently working. 18 (60%) of the 30 participants had some high school education. The remaining participants were high school graduates (N=2, 6.7%), went to trade school (N=3, 10%), had a college/university degree (N=1, 3.3%) or post graduate degree (N=1, 3.3%). Household income was fairly high with 18 (60%) of the respondents having an income between \$45,000 and \$50,000. Only one (3.3%) participant had a household income below \$10,000. These participants have lived in Canada an average of 17.4 years. The average age immigration age was 50.4 years. The most frequent reason for immigrating was to be with family (N=28, 93.3%). The majority of participants were sponsored (N=28, 93.3%), with their sons (N=11, 36.7%) and daughters (N=10, 33.3%) being the most likely sponsors. Twenty (66.7%) of the participants are now Canadian citizens.

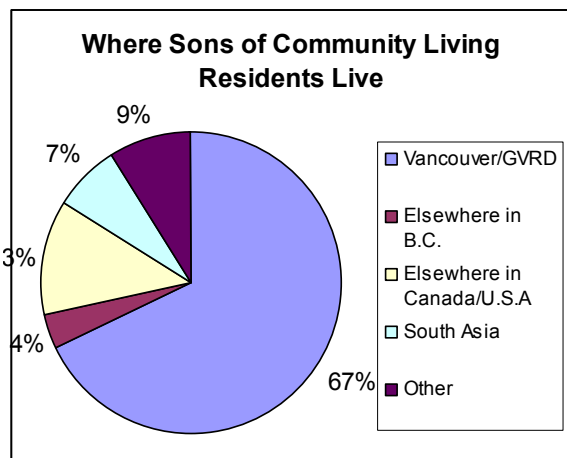


FIGURE 3: Place of residence of sons of CL residents

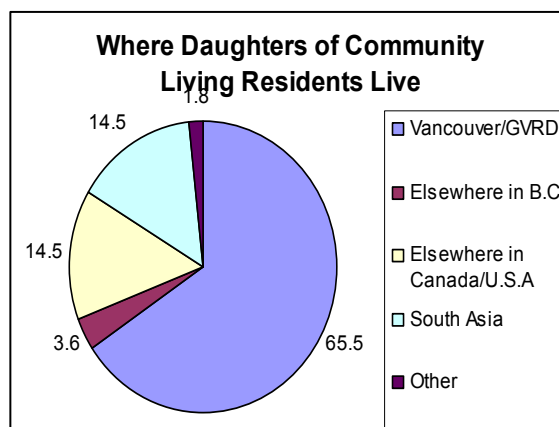


FIGURE 4: Place of residence of daughters of CL residents

Family Members of the Guru Nanak Niwas (GNN) Residents

The majority of the family members interviewed as the primary source of family support for the Guru Nanak Niwas residents were female (N=9, 60.0%) (see Table 2). This echoes the existing caregiving responsibilities of the mainstream Canadian culture – women (mainly daughters and daughters-in-law) are primarily responsible for informal caregiving for older adults. The family members of GNN residents were between the ages of 24 and 54, with the average age being 39.7 years. Most respondents were married (N=12, 80.0%), while the remaining few were either separated or divorced (N=2, 13.3%), or never married (N=1, 6.7%).

Most participants were of Punjabi descent (N=10, 66.7%). Punjabi was also the mother tongue for most (N=10, 66.7%). The participants were likely to be fluent in Punjabi (N=10, 38.5%), followed by Hindi (N=7, 26.9%) or English (N=7, 26.9%). One participant (3.8%) was also fluent in Urdu. In terms of religion, participants were predominantly Sikh (N=9, 60.0%), while a few were Hindu (N=3, 20.0%).

Twelve of the fifteen participants (80.0%) were currently employed. While one-third of respondents chose not to disclose their household income, almost 30.0% did have a household income that fell within the range \$45,000-\$50,000. A large portion of family members had

either spent some time in college or university (N=5, 33.3%) or were high school graduates (N=4, 26.7%).

Most family members immigrated to Canada (N=13, 86.7%) and have lived in Canada an average of 20.5 years. The average age when immigrating was 21.3 years and most immigrated either because of a marriage (N=5, 33.3%) or to be with family (N=4, 26.7%). The vast majority was sponsored, with the husband being the most likely sponsor (N=5, 33.3%). Approximately 85% (N=11) of the family members are now Canadian citizens.

Ten of the fifteen respondents (66.7%) have an average of 6.3 other family members living in the GVRD. These family members include aunts (N=6, 26.1%), uncles (N=4, 17.4%), brothers (N=2, 8.7%) and sisters (N=3, 13.0%). Most either rarely meet with these other family members (N=4, 40.0%) or they meet them with a frequency of once a week (N=3, 30.0%). Some meet with their family members once a month (N=2, 20.0%) or once every two weeks (N=1, 10.0%).

Family members suggested that most relatives lived in Surrey (N=11, 73.3%), Delta (N=1, 6.7%), or another part of the GVRD (N=3, 20.0%) prior to moving into the complex. Most lived in a single-detached house (N=9, 60.0%) or a secondary suite (N=4, 26.7%), either with other children (N=6, 40.0%), alone (N=5, 33.3%), or with other relatives (N=2, 13.3%). Family members live in Surrey (N=8, 53.3%), Delta (N=3, 20.0%), and another part of the GVRD (N=4, 26.7%). Most family members live between one and five kilometers from the complex (N=5, 35.7%), further than twenty kilometers (N=3, 21.4%), or less than one kilometer from the complex (N=2, 14.3%).

| | Total | Guru Nanak Niwas | Community Housing |
|------------------------------------|-------------------------|-------------------------|--------------------------|
| Gender | | | |
| Females | 73.3 (N=22) | 60.0 (N=9) | 86.7 (N=13) |
| Males | 26.7 (N=8) | 40.0 (N=6) | 13.3 (N=2) |
| Age | $\bar{X} = 36.9$ (N=29) | $\bar{X} = 39.7$ (N=14) | $\bar{X} = 34.0$ (N=15) |
| Marital Status | | | |
| Married | 80.0 (N=24) | 80.0 (N=12) | 80.0 (N=12) |
| Separated/Divorced | 16.7 (N=5) | 13.3 (N=2) | 20.0 (N=3) |
| Widowed | 3.3 (N=1) | 6.7 (N=1) | 0.0 |
| Ethnicity | | | |
| South Asian Punjabi | 86.2 (N=25) | 71.4 (N=10) | 100.0 (N=15) |
| South Asian Other | 13.8 (N=4) | 28.6 (N=4) | 0.0 |
| Relationship to Older Adult | | | |
| Son | 23.3 (N=7) | 33.3 (N=5) | 13.3 (N=2) |
| Daughter | 36.7 (N=11) | 46.7 (N=7) | 26.7 (N=4) |
| Daughter-in-law | 30.0 (N=9) | 0.0 | 60.0 (N=9) |
| Other Relative | 10.0 (N=3) | 20.0 (N=3) | 0.0 |
| Currently Employed | 73.3 (N=22) | 80.0 (N=12) | 66.7 (N=10) |
| Religion | | | |
| Sikh | 70.0 (N=21) | 60.0 (N=9) | 80.0 (N=12) |
| Hindu | 16.7 (N=5) | 20.0 (N=3) | 13.3 (N=2) |
| No response | 13.3 (N=4) | 20.0 (N=3) | 6.7 (N=1) |
| Education Level | | | |
| Less than grade 9 | 3.4 (N=1) | 0.0 | 6.7 (N=1) |
| Some high school | 10.3 (N=3) | 0.0 | 20.0 (N=3) |
| High school graduate | 17.2 (N=5) | 28.6 (N=4) | 6.7 (N=1) |
| Trade School/Diploma | 3.4 (N=1) | 7.1 (N=1) | 0.0 |
| Some college or university | 31.0 (N=9) | 35.7 (N=5) | 26.7 (N=4) |
| College/University Degree | 20.7 (N=6) | 14.3 (N=2) | 26.7 (N=4) |
| Post Graduate Degree | 13.8 (N=4) | 14.3 (N=2) | 13.3 (N=2) |
| Household Income | | | |
| Below \$10,000 | 6.9 (N=2) | 0.0 | 13.3 (N=2) |
| \$10,001-\$15,000 | 6.9 (N=2) | 14.3 (N=2) | 0.0 |
| \$20,001-\$25,000 | 3.4 (N=1) | 7.1 (N=1) | 0.0 |
| \$25,001-\$30,000 | 6.9 (N=2) | 0.0 | 13.3 (N=2) |
| \$35,001-\$40,000 | 3.4 (N=1) | 7.1 (N=1) | 0.0 |
| \$40,001-\$45,000 | 6.9 (N=2) | 0.0 | 13.3 (N=2) |
| \$45,001-\$50,000 | 34.5 (N=10) | 28.6 (N=4) | 40.0 (N=6) |
| \$50,000 and above | 3.4 (N=1) | 7.1 (N=1) | 0.0 |
| Can't answer | 27.6 (N=8) | 35.7 (N=5) | 20.0 (N=3) |
| Years lived in Canada | $\bar{X} = 18.8$ (N=27) | $\bar{X} = 20.5$ (N=13) | $\bar{X} = 17.0$ (N=14) |
| Age of Immigration | $\bar{X} = 19.8$ (N=28) | $\bar{X} = 21.3$ (N=13) | $\bar{X} = 18.2$ (N=15) |
| Canadian Citizen | | | |
| Yes | 82.1 (N=23) | 84.6 (N=11) | 80.0 (N=12) |
| No | 17.9 (N=5) | 15.4 (N=2) | 20.0 (N=3) |

TABLE 2: Demographics for family members for both groups of older adults.

Socio-Cultural Factors

Guru Nanak Niwas residents and family members

The majority of participants surveyed at Guru Nanak Niwas consider themselves to be mostly South Asian (N=10, 35.7%) (Figure 5). A large number of their friends belong to the South Asian community as well (N=25, 89.3%) (Figure 6). South Asian meals appear to be preferred (N=27, 96.4%), and South Asian meals make up a large portion of their regular diet (N=26, 92.9%). Regarding their health, the participants are likely to have a family physician (N=26, 92.9%) of South Asian descent who speaks their dialect (N=22, 78.6%).

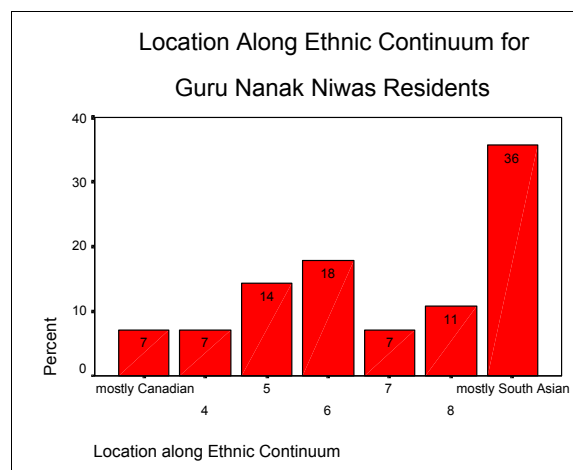


FIGURE 5: GNN residents' location along the Canadian-South Asian (C-SA) continuum.

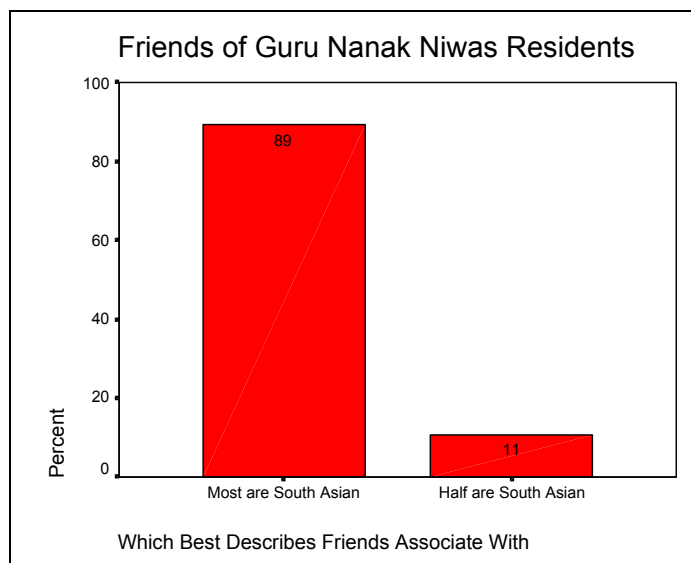


FIGURE 6: Ethnic origin of friends of GNN residents.

Family members consider themselves to be South Asian Canadians (Figure 7). They have a mixture of friends, as some report that the majority of their friends are South Asians (N=6, 40.0%), while others report about half of their friends are South Asians (N=5, 33.3%) (Figure 8). Most prefer a combination of South Asian and non-South Asian meals (N=9, 60.0%), and both South Asian and North American food make up their diet (N=9, 60.0%). All family members have a family physician. Their physician are just as likely to be a non-South Asian Canadian who only speaks English (N=6, 40.0%), or a South Asian Canadian (N=5, 33.3%).

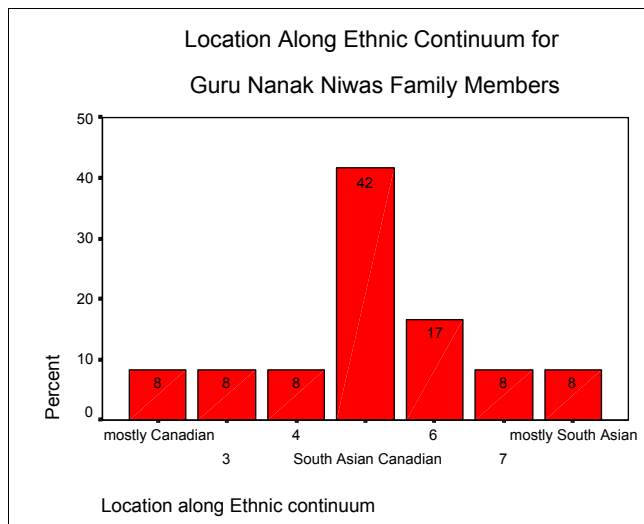


FIGURE 7: GNN residents' family members' location along the C-SA ethnic continuum

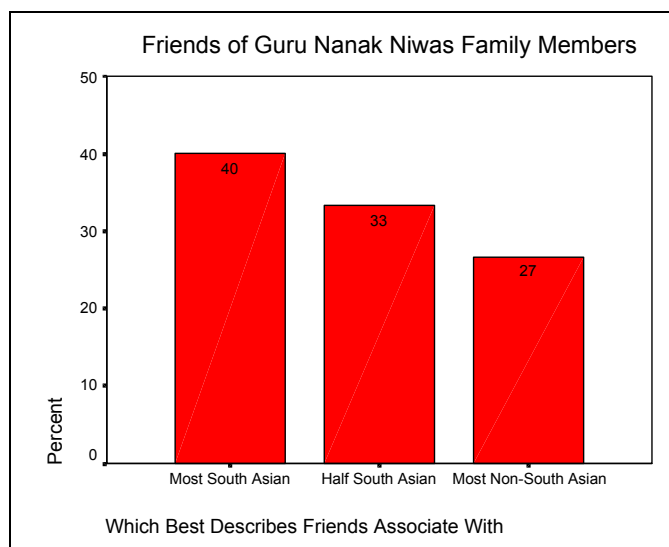


FIGURE 8: Ethnic origin of friends of GNN residents' family members.

Community living older adults and family members

Older adult respondents in community housing mainly see themselves as more South Asian than Canadian (Figure 9). A majority of their friends are South Asian (N=19, 63.3%) (Figure 10), and they prefer South Asian meals (N=21, 70.0%), with South Asian food making up a large portion of their diet (N=18, 60.0%). All respondents except one have a family physician, who is South Asian Canadian and speaks their dialect (N=25, 86.2%).

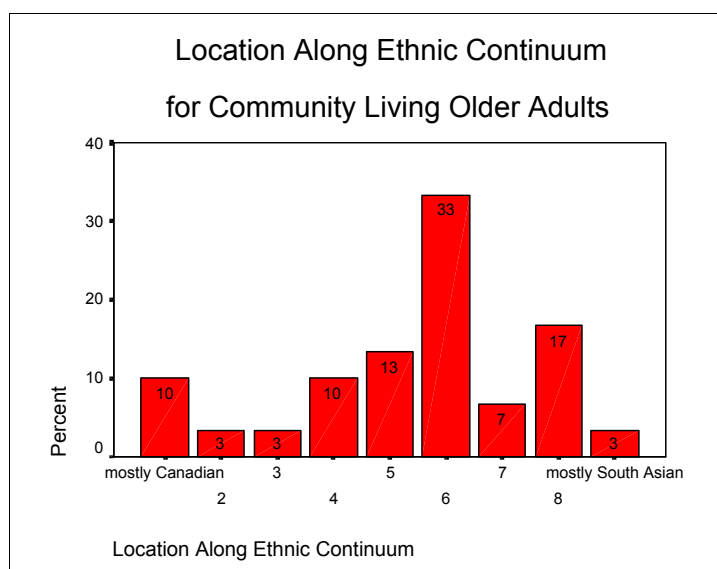


FIGURE 9: CL older adults' location along the C-SA continuum.

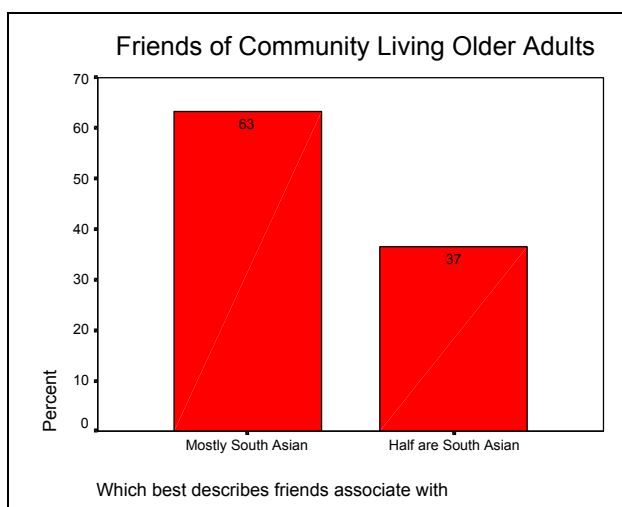


FIGURE 10: Ethnic origin of friends of CL older adults.

Unlike the older adult respondents, family members see themselves as more South Asian Canadian (Figure 11). Approximately 50 percent state that their friends are South Asian (N=8, 53.3%), and most of the others state that about half of their friends are South Asian (N=6, 40.0%) (Figure 12). Unlike the older adults, most family members prefer a combination of South Asian and non-South Asian meals (N=7, 46.7%) and a blend of South Asian and North American food make up their regular diet (N=11, 73.3%). All but one of the participants have a family physician who is a South Asian Canadian who speaks their dialect. On average, participants have returned to their country of birth 3.3 times in the past five years.

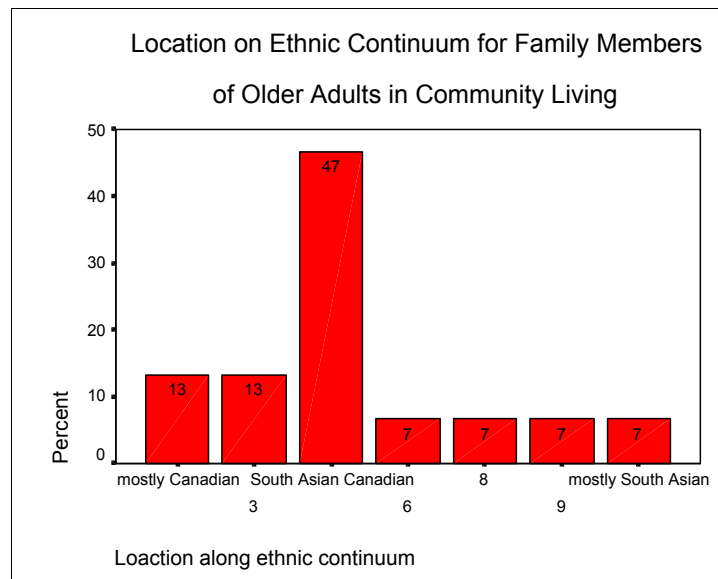


FIGURE 11: CL residents' family members' location along the C-SA ethnic continuum

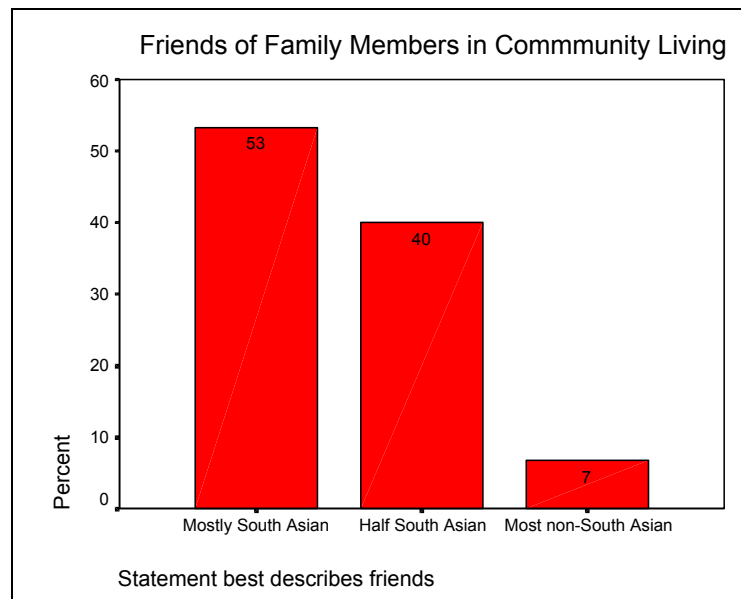


FIGURE 12: Ethnic origin of friends of CL older adults' family members

A comparison of the socio-cultural variables

In terms of socio-cultural preferences, the older adults and family members agree on the importance of most variables. They all feel it is very important to have family and friends close by, to have friends from the same cultural background, to feel welcome in Canada and to know English. There was some variation when asked about the importance of having a Canadian-born friend. Both sets of family members felt it was very important to have a Canadian-born friend. The Guru Nanak Niwas residents feel that for the most part, it is somewhat important, while the older adults in community housing feel it is not very important (Table 3).

In general, both Guru Nanak Niwas residents and older adults living in community housing favour South Asian traditions all the time (see Table 4). These include eating distinctive South Asian food, celebrating holidays traditional to South Asia and speaking their native language. They are also both less likely to visit South Asian websites. Guru Nanak Niwas residents were more likely than the older adults in community housing to practise their religion all the time as well as to watch South Asian videos and movies. On the other hand, community-living older adults were more likely to listen to South Asian radio and watch South Asian television all the time. The family members of Guru Nanak Niwas residents are likely to observe most of the South Asian traditions occasionally, whereas community living family members are more likely to observe these same traditions with greater frequency. These include wearing distinctive South Asian clothing outside the home, watching South Asian videos or movies and watching South Asian television. Both community-living older adults and family members are much more likely to participate in South Asian music, dance and art than the Guru Nanak Niwas residents and their family members.

| | | Not Important At All | Not Very Important | Somewhat Important | Very Important | Don't Know |
|--|-----------------------------|-----------------------------|---------------------------|---------------------------|-----------------------|-------------------|
| Importance of Having Family & Friends Close by | Guru Nanak Niwas Resident | 28.6 (N=8) | 7.1 (N=2) | 21.4 (N=6) | 39.3 (N=1) | 0.0 |
| | Guru Nanak Family Member | 0.0 | 0.0 | 6.7 (N=1) | 86.7 (N=13) | 6.7 (N=1) |
| | Community Housing Resident | 0.0 | 3.3 (N=1) | 13.3 (N=4) | 83.3 (N=25) | 0.0 |
| | Community Housing Family | 0.0 | 0.0 | 13.3 (N=2) | 86.7 (N=13) | 0.0 |
| Importance of Having Friends from Same Cultural Background | Guru Nanak N. Resident | 7.1 (N=2) | 14.3 (N=4) | 14.3 (N=4) | 64.3 (N=18) | 0.0 |
| | Guru Nanak N. Family Member | 6.7 (N=1) | 13.3 (N=2) | 13.3 (N=2) | 60.0 (N=9) | 0.0 |
| | Community Housing Resident | 0.0 | 3.3 (N=1) | 13.3 (N=4) | 83.3 (N=25) | 0.0 |
| | Community Housing Family | 6.7 (N=1) | 6.7 (N=1) | 26.7 (N=4) | 60.0 (N=9) | 0.0 |
| Importance of Feeling Welcome in Canada | Guru Nanak N. Resident | 3.6 (N=1) | 7.1 (N=2) | 0.0 | 85.7 (N=24) | 0.0 |
| | Guru Nanak N. Family Member | 0.0 | 6.7 (N=1) | 0.0 | 86.7 (N=13) | 6.7 (N=1) |
| | Community Housing Resident | 0.0 | 0.0 | 13.3 (N=4) | 86.7 (N=26) | 0.0 |
| | Community Housing Family | 0.0 | 6.7 (N=1) | 6.7 (N=1) | 86.7 (N=13) | 0.0 |
| Importance of Having a Canadian Born Friend | Guru Nanak N. Resident | 10.7 (N=3) | 21.4 (N=6) | 46.4 (N=13) | 17.9 (N=5) | 0.0 |
| | Guru Nanak N. Family Member | 6.7 (N=1) | 13.3 (N=2) | 20.0 (N=3) | 46.7 (N=7) | 0.0 |
| | Community Housing Resident | 20.0 (N=6) | 46.7 (N=14) | 26.7 (N=8) | 6.7 (N=2) | 0.0 |
| | Community Housing Family | 0.0 | 20.0 (N=3) | 33.3 (N=5) | 40.0 (N=6) | 6.7 (N=1) |
| Importance of Knowing English | Guru Nanak N. Resident | 0.0 | 3.6 (N=1) | 3.6 (N=1) | 92.9 (N=26) | 0.0 |
| | Guru Nanak N. Family Member | 6.7 (N=1) | 0.0 | 0.0 | 93.3 (N=14) | 0.0 |
| | Community Housing Resident | 0.0 | 10.0 (N=3) | 20.0 (N=6) | 70.0 (N=21) | 0.0 |
| | Community Housing Family | 0.0 | 6.7 (N=1) | 0.0 | 93.3 (N=14) | 0.0 |

TABLE 3: Importance of family and cultural factors for all respondents.

| | | Never | Occasionally | Frequently | All the Time | No Response |
|---|----------------|-------------|--------------|-------------|--------------|-------------|
| How often wear distinctive South Asian clothing outside home | GNN Resident | 28.6(N=8) | 25.0 (N=7) | 14.3 (N=4) | 32.1 (N=9) | 0.0 |
| | GNN Family | 20.0 (N=3) | 53.3 (N=8) | 20.0 (N=3) | 0.0 | 6.7 (N=1) |
| | CL Older Adult | 26.7 (N=8) | 3.3 (N=1) | 6.7 (N=2) | 63.3 (N=19) | 0.0 |
| | CL Family | 13.3 (N=2) | 33.3 (N=5) | 46.7 (N=7) | 6.7 (N=1) | 0.0 |
| How often eat distinctive South Asian food | GNN Resident | 0.0 | 14.3 (N=4) | 7.1 (N=2) | 78.6 (N=22) | 0.0 |
| | GNN Family | 0.0 | 13.3 (N=2) | 73.3 (N=11) | 13.3 (N=2) | 0.0 |
| | CL Older Adult | 0.0 | 6.7 (N=2) | 30.0 (N=9) | 63.3 (N=19) | 0.0 |
| | CL Family | 0.0 | 46.7 (N=7) | 46.7 (N=7) | 6.7 (N=1) | 0.0 |
| How often celebrate holidays traditional to South Asia | GNN Resident | 0.0 | 7.1 (N=2) | 3.6 (N=1) | 85.7 (N=24) | 0.0 |
| | GNN Family | 6.7 (N=1) | 13.3 (N=2) | 53.3 (N=8) | 26.7 (N=4) | 0.0 |
| | CL Older Adult | 0.0 | 3.3 (N=1) | 26.7 (N=8) | 70.0 (N=21) | 0.0 |
| | CL Family | 0.0 | 6.7 (N=1) | 40.0 (N=6) | 53.3 (N=8) | 0.0 |
| How often watch South Asian videos or movies | GNN Resident | 14.3 (N=4) | 32.1 (N=9) | 7.1 (N=2) | 46.4 (N=13) | 0.0 |
| | GNN Family | 0.0 | 53.3 (N=8) | 20.0 (N=3) | 26.7 (N=4) | 0.0 |
| | CL Older Adult | 0.0 | 23.3 (N=7) | 40.0 (N=12) | 36.7 (N=11) | 0.0 |
| | CL Family | 0.0 | 6.7 (N=1) | 66.7 (N=10) | 26.7 (N=4) | 0.0 |
| How often listen to South Asian radio | GNN Resident | 7.1 (N=2) | 35.7 (N=10) | 21.4 (N=6) | 35.7 (N=10) | 0.0 |
| | GNN Family | 0.0 | 46.7 (N=7) | 26.7 (N=4) | 26.7 (N=4) | 0.0 |
| | CL Older Adult | 0.0 | 10.0 (N=3) | 36.7 (N=11) | 53.3 (N=16) | 0.0 |
| | CL Family | 0.0 | 26.7 (N=4) | 40.0 (N=6) | 33.3 (N=5) | 0.0 |
| How often watch South Asian TV | GNN Resident | 28.6 (N=8) | 28.6 (N=8) | 25.0 (N=7) | 17.9 (N=5) | 0.0 |
| | GNN Family | 0.0 | 60.0 (N=9) | 26.7 (N=4) | 13.3 (N=2) | 0.0 |
| | CL Older Adult | 0.0 | 26.7 (N=8) | 30.0 (N=9) | 43.3 (N=13) | 0.0 |
| | CL Family | 0.0 | 13.3 (N=2) | 80.0 (N=12) | 6.7 (N=1) | 0.0 |
| How often read local South Asian newspapers | GNN Resident | 21.4 (N=6) | 21.4 (N=6) | 25.0 (N=7) | 32.1 (N=9) | 0.0 |
| | GNN Family | 13.3 (N=2) | 46.7 (N=7) | 20.0 (N=3) | 20.0 (N=3) | 0.0 |
| | CL Older Adult | 26.7 (N=8) | 13.3 (N=4) | 26.7 (N=8) | 33.3 (N=10) | 0.0 |
| | CL Family | 6.7 (N=1) | 33.3 (N=5) | 40.0 (N=6) | 20.0 (N=3) | 0.0 |
| How often visit South Asian websites | GNN Resident | 85.7 (N=24) | 3.6 (N=1) | 7.1 (N=2) | 3.6 (N=1) | 0.0 |
| | GNN Family | 26.7 (N=4) | 40.0 (N=6) | 26.7 (N=4) | 6.7 (N=1) | 0.0 |
| | CL Older Adult | 86.7 (N=26) | 6.7 (N=2) | 6.7 (N=2) | 0.0 | 0.0 |
| | CL Family | 40.0 (N=6) | 40.0 (N=6) | 20.0 (N=3) | 0.0 | 0.0 |
| How often listen to, view, or participate in South Asian music, dance, or art | GNN Resident | 82.1 (N=23) | 7.1 (N=2) | 3.6 (N=1) | 7.1 (N=2) | 0.0 |
| | GNN Family | 13.3 (N=2) | 46.7 (N=7) | 26.7 (N=4) | 13.3 (N=2) | 0.0 |
| | CL Older Adult | 0.0 | 33.3 (N=10) | 50.0 (N=15) | 16.7 (N=5) | 0.0 |
| | CL Family | 20.0 (N=3) | 26.7 (N=4) | 46.7 (N=7) | 6.7 (N=1) | 0.0 |
| How often speak native language or dialect | GNN Resident | 0.0 | 0.0 | 7.1 (N=2) | 89.3 (N=25) | 0.0 |
| | GNN Family | 0.0 | 6.7 (N=1) | 80.0 (N=12) | 13.3 (N=2) | 0.0 |
| | CL Older Adult | 0.0 | 0.0 | 23.3 (N=7) | 76.7 (N=23) | 0.0 |
| | CL Family | 0.0 | 0.0 | 53.3 (N=8) | 46.7 (N=7) | 0.0 |
| How often practice religion | GNN Resident | 3.6 (N=1) | 0.0 | 14.3 (N=4) | 82.1 (N=23) | 0.0 |
| | GNN Family | 6.7 (N=1) | 26.7 (N=4) | 26.7 (N=4) | 40.0 (N=6) | 0.0 |
| | CL Older Adult | 0.0 | 6.7 (N=2) | 36.7 (N=11) | 56.7 (N=17) | 0.0 |
| | CL Family | 0.0 | 20.0 (N=3) | 46.7 (N=7) | 33.3 (N=5) | 0.0 |

TABLE 4: Frequency of cultural and religious practices - older adults and family members.

Regarding national identity, the majority of Guru Nanak Niwas residents see themselves as equally South Asian and Canadian (N=12, 42.9%) or more South Asian than Canadian (N=11, 39.3%) (Table 5). The older adults in community housing are more likely to see themselves as more South Asian than Canadian (N=17, 56.7%), followed by South Asian Canadian (N=11, 36.7%). Interestingly, both sets of family members were most likely to respond that the older adult sees himself/herself as more South Asian than Canadian (Guru Nanak Niwas: N=11, 73.3%; Community Housing N=12, 80.0%).

| | | More South Asian than Canadian | Equally South Asian as Canadian | More Canadian than South Asian | Don't See in These Terms | Don't Know |
|---|----------------|---------------------------------------|--|---------------------------------------|---------------------------------|-------------------|
| How do you see yourself in terms of national identity | GNN Resident | 39.3 (N=11) | 42.9 (N=12) | 10.7 (N=3) | 0.0 | 0.0 |
| | GNN Family | 20.0 (N=3) | 40.0 (N=6) | 33.3 (N=5) | 0.0 | 6.7 (N=1) |
| | CL Older Adult | 56.7 (N=17) | 36.7 (N=11) | 3.3 (N=1) | 0.0 | 0.0 |
| | CL Family | 13.3 (N=2) | 73.3 (N=11) | 0.0 | 6.7 (N=1) | 6.7 (N=1) |
| How children think of themselves in terms of national identity | GNN Resident | 28.6 (N=8) | 28.6 (N=8) | 28.6 (N=8) | 0.0 | 0.0 |
| | GNN Family | 13.3 (N=2) | 6.7 (N=1) | 66.7 (N=10) | 0.0 | 6.7 (N=1) |
| | CL Older Adult | 3.3 (N=1) | 86.7 (N=26) | 10.0 (N=3) | 0.0 | 0.0 |
| | CL Family | 6.7 (N=1) | 20.0 (N=3) | 33.3 (N=5) | 6.7 (N=1) | 26.7 (N=4) |
| How grandchildren think of themselves in terms of national identity | GNN Resident | 0.0 | 17.9 (N=5) | 60.7 (N=17) | 0.0 | 0.0 |
| | CL Older Adult | 0.0 | 10.0 (N=3) | 70.0 (N=21) | 0.0 | 0.0 |
| How do you think your parent/older adult sees himself/herself | GNN Family | 73.3 (N=11) | 13.3 (N=2) | 6.7 (N=1) | 0.0 | 6.7 (N=1) |
| | CL Family | 80.0 (N=12) | 13.3 (N=2) | 0.0 | 6.7 (N=1) | 0.0 |

TABLE 5: Perception of national and ethnic identity

Guru Nanak Niwas family members see themselves as equally South Asian and Canadian (N=6, 40.0%) or as more Canadian than South Asian (N=5, 33.3%). The majority of Community Housing family members, on the other hand, see themselves as equally South Asian and Canadian. Guru Nanak Niwas residents think their children see themselves equally in all three categories: more South Asian than Canadian, equally South Asian and Canadian and more South Asian than Canadian (N=8, 28.6%). Community housing residents think their children would see themselves as equally South Asian and Canadian (N=26, 86.7%).

Both older adults and their family members saw the third generation (grandchildren and children, respectively) as being more Canadian than South Asian.

Life in Canada

Both residents of the Guru Nanak Niwas and their family members feel that life for the older adults would be good both in Canada (46.4%; 53.3%) and in South Asia (44.4%, 53.3%) today. Community-living older adults, for the most part, think that their life in Canada today is excellent (66.7%), whereas life in South Asia would only be good (56.7%). Their family members consider the older adults' lives to be slightly better in Canada (53.3%).

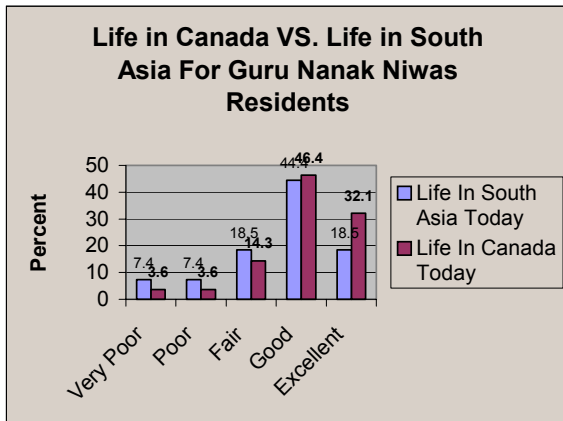


FIGURE 13: Comparison of life in Canada and South Asia - GNN resident

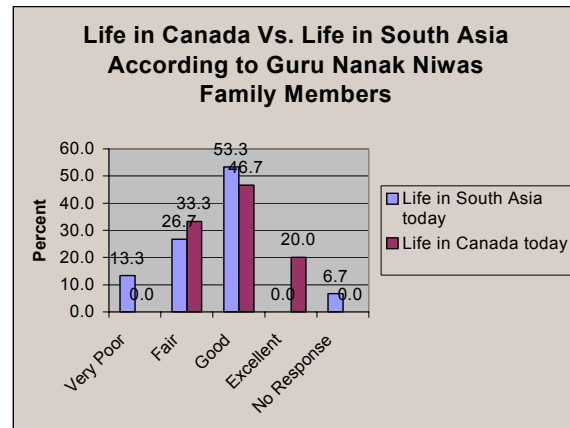


FIGURE 14: Comparison of life in Canada and South Asia - CL older adult

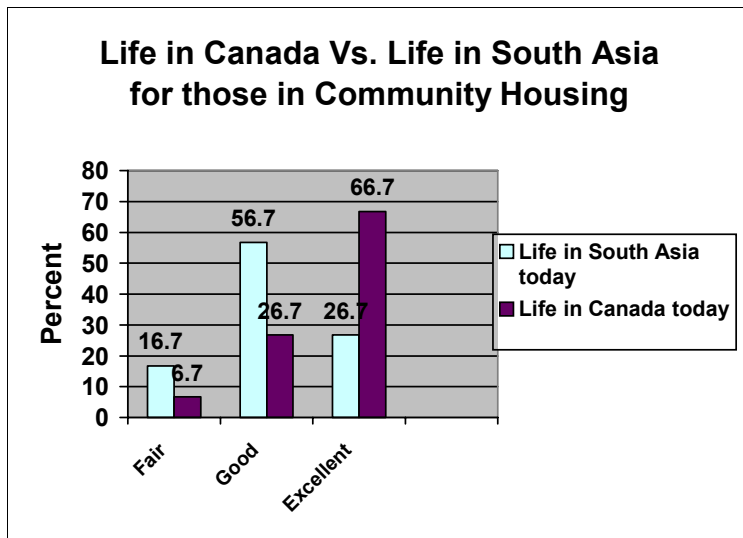


FIGURE 15: Comparison of life in Canada and South Asia - GNN Family

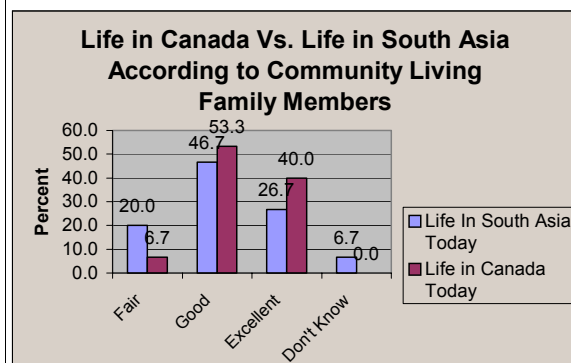


FIGURE 16: Comparison of life in Canada and South Asia - CL family

Cross-tabulation of data on socio-cultural factors

Method

To conduct a bivariate analysis of the data, the responses for both the residents of Guru Nanak Niwas and those in the community were combined, as the sample size is small. Variables of interest include those pertaining to ethnicity, friends, food, living in Canada and South Asian traditions. A cross-tabulation was used in the analysis. One should keep in mind the small sample size while interpreting the results of these cross-tabulations.

The dependent variables included the important features for residents in choosing the location, whether their residence allows them to keep aspects of their culture that they wish to keep, the importance of having an assisted living facility geared towards South Asians should they need to move into one, and whether or not a transportation stop is located within walking distance of their residence.

Various independent variables were analyzed. These included where residents locate themselves on an ethnic continuum, what type of friends residents associate with and the type of food that makes up their regular diet. In addition, the importance of having family and friends close by, having friends of the same cultural background, feeling welcome in Canada, having Canadian-born friends, and knowing English were examined. These five variables were measured along a *Likert scale* with values ranging from one to four. A composite score for the five variables was calculated and used. The final set of variables included in the analyses relates to the frequency with which residents participate in South Asian traditions and adhere to their culture. There are a total of eleven items in this section, and they include participating in South Asian holidays, wearing distinctive South Asian clothing, listening to South Asian radio and watching South Asian television, among other variables. A composite score for these eleven items was obtained and used in the analyses.

Results

Future housing – Importance of an ethno-specific facility

The majority (90.7%) of respondents with mostly South Asian friends feel that a move to a South Asian facility, if necessary, is very important to them, while just over one-half (53.8%) of those with both North American and South Asian friends feel this is very important. Regardless of how the respondents see themselves in terms of their national identity, most prefer that an assisted living facility, if needed, be South Asian. For example, the majority of respondents who see themselves as more South Asian than Canadian (88.5%) and a large portion of those who see themselves as equally South Asian and Canadian (69.6%) all prefer a South Asian assisted living facility. Somewhat surprisingly, respondents who see themselves as more Canadian than South Asian (100%) also prefer a South Asian facility. This result may be misleading though, due to the small number of respondents (N=4). A large number of respondents (82.1%), whether feeling mostly South Asian or mostly Canadian in ethnicity, feel it is very important for an assisted living facility to be South Asian. A few respondents who feel they are mostly Canadian find it somewhat important (25.0%) or not very important (25%).

The majority (95.3%) of respondents who prefer South Asian food to Canadian food find it very important that an assisted living facility be South Asian. Those who enjoy South Asian and Canadian food equally vary in their preference: 38.5% find it very important for an assisted living facility to be South Asian, 30.8% find it somewhat important, 23.1% find it not very important and 7.7% find it not at all important.

Composite scores were created for items thought to be important to life in Canada. These include having family and friends close by, having friends from the same cultural background, feeling welcome in Canada, having Canadian-born friends and knowing English. Overall, regardless of the importance the respondents placed on these items, 82.1% of respondents feel it is very important that an assisted living facility be South Asian. Furthermore, the majority (82.1%) of respondents find it very important that an assisted living facility, if needed, be South Asian, regardless of how often they practice South Asian traditions.

Literature demonstrates that older adults (both recent and early immigrants) of other ethnic groups (e.g., Chinese, Italian, Japanese, etc.) prefer facilities that offer food from their ethnic background, services by staff of their ethnic background speaking their native language and culturally-supportive events and services. Additional research with a larger sample size that includes recent and early immigrants, as well as first- and second-generation immigrants, will provide a more holistic picture of the need for ethno-specific facilities.

Home allows maintenance of aspects of culture

All respondents (100.0%) feel that their homes allow them to maintain aspects of their culture regardless of their national identity, their food preferences, their maintenance of South Asian traditions and their ethnicity. This is useful information, especially in terms of the evaluation of Guru Nanak Niwas, it demonstrates that the first purpose-built housing a majority of South Asian older adults fosters an important aspect of immigrant older adults' daily life. Though the physical design of the facility does not have any demonstrative South Asian characteristics, the informal support network and the South Asian staff members manage to create an atmosphere in the facility that makes its residents feel comfortable to express or maintain their cultural identities.

Importance of accessibility to transportation for South Asian older adults

A recent Statistics Canada report (Heisz and Schellenberg, 2004) demonstrated that public transportation is used more by recent immigrants than by the native-born population in the major cities in Canada. This holds true even for immigrants who have been in the country for more than 10 years (and less than 20 years). As most of the study participants have been in Canada less than 20 years access, to public transportation is important for allowing them to access other services and maintain contact with family and friends.

The majority of respondents who have mostly South Asian friends (79.5%) and those who have both South Asian and North American friends (71.4%) have access to transportation in the community they live in. A large segment of those surveyed (77.6%) have access to transportation, regardless of how they see themselves in terms of national identity or ethnicity,

how important they feel it is to have family and friends close by, have friends from the same cultural background, feel welcome in Canada, have Canadian-born friends, or know English, or how often they practice South Asian traditions.

Of those who feel a public transportation stop is within easy walking distance from their home, 80.0% feel they have access to transportation within their community. Not surprisingly, respondents who do not have a public transportation stop within walking distance from their homes responded that they do not have access to transportation.

Accessibility to services in the neighbourhood

Just over one-half of respondents (52.3%) who have mostly South Asian friends feel they do not have access to services in the neighbourhood. A majority of the respondents (71.4%) who have both South Asian and North American friends feel they do have access to services in their neighbourhood.

Approximately half of the respondents (57.1%) see themselves as more South Asian than Canadian in terms of national identity; however, they do feel they have access to services in their neighbourhood. The reverse is true for those who see themselves as equally South Asian as Canadian, in that 52.2% of respondents feel they do not have access to services.

Respondents who see themselves as more Canadian than South Asian are evenly split (50%, 50%) on whether or not they have access to services.

In terms of ethnic identity, those who feel they are more Canadian are more likely to believe they do not have access to services. Those who feel that they are more South Asian, on the other hand, believe that they do have such access. Overall, 53.4% of respondents feel they have access to services in their communities.

Results are mixed in terms of the relationship between perceived accessibility and the importance respondents place on having family and friends close by, having friends from the same cultural background, feeling welcome in Canada, having Canadian-born friends, and knowing English. Those who feel these items are somewhat important are less likely than

those who feel they are either not important or very important to feel they have access to services in their communities. Overall, 53.4% of respondents feel they have access to services in their neighbourhood.

Results also vary among those who uphold South Asian traditions. Overall, 53.4% of respondents feel they have access to services. For the most part, respondents less likely to maintain traditions are also less likely to feel they have access to services in their neighbourhood. Approximately half (54.5%) of respondents who feel public transportation is within walking distance feel they have access to services in their communities. Though small in number (N=2), all respondents (100.0%), that feel they do not have a public transportation stop within walking distance, also do not feel they have access to services.

Proximity to own ethnic community

Both respondents who have mostly South Asian friends (79.5%) and those who have South Asian and North American friends (78.6%) feel they are close in proximity to their ethnic community.

The majority (79.3%) of respondents, regardless of how they see themselves in terms of national identity, feel close in proximity to their ethnic community. Respondents who feel they are mostly Canadian in terms of ethnicity are divided on whether they feel close to their ethnic community. Those who feel mostly South Asian, on the other hand, are likely to feel close to their ethnic community.

Most respondents (79.3%), especially those who find it very important to have family and friends close by, feel welcome in Canada, and know English, among other aspects, are more likely to feel close in proximity to their ethnic community, as are respondents who uphold South Asian traditions with greater frequency.

The majority (80.0%) of respondents who have a public transportation stop within walking distance feel they are in close proximity to their ethnic community. One-half (50.0%) of those who think a public transportation stop is not within walking distance still feel they are

close to their ethnic community. Though data from this study does not allow us understand fully how distance to public transportation affects interaction with their own ethnic community, one can speculate that, as immigrants use public transportation more than the native-born population, the presence of public transportation near their homes may facilitate their interaction with others of their ethnic group. Data also demonstrate that over half of the participants who do not have access to public transportation still feel that they are close to their ethnic community. One can speculate that these participants feel this way because they are living in ethnic enclaves of the city and are in close proximity to other people of South Asian descent. (GVRD statistics demonstrate that Surrey has a high concentration of South Asian population. Guru Nanak Niwas is in Surrey and a significant number of the community-living older adults interviewed also live in Surrey).

Proximity to religious facilities

A small majority of respondents whose friends are mostly South Asian (56.8%) and those who have both South Asian and North American friends (64.3%) feel living in close proximity to their church/temple is important. Most respondents (75.0%) who are more South Asian than Canadian in terms of their national identity feel living near a temple/church is important, while a small majority of respondents (56.5%) who feel they are equally South Asian as Canadian feel this is not important. Respondents who feel they are more Canadian are equally divided on this issue.

For the most part, respondents who feel they are mostly Canadian do not feel it is important to live near a temple/church, while those who are mostly South Asian feel it is important. Overall, 58.6% of respondents feel that living close to their temple/church is important regardless of how often they practice South Asian traditions or the importance they place on characteristics of living in Canada.

Quality of neighbourhood

Most respondents (71.4%) who have both South Asian and North American friends are likely to believe that the quality of the neighbourhood is important when choosing a location to live.

A smaller majority (54.5%) of respondents who have mostly South Asian friends have the same belief.

The quality of the neighbourhood is important in choosing a location for those who see themselves as more South Asian than Canadian (60.7%) and for those who see themselves as equally South Asian as Canadian. Most respondents (75.0%) who see themselves as more Canadian than South Asian, however, do not feel that the quality of the neighbourhood is important. Overall, 58.6% of participants feel the quality of the neighbourhood is important, regardless of their ethnicity. Respondents who feel they are mostly South Asian are the most likely to believe that the quality of the neighbourhood is important.

A portion of respondents who feel it is somewhat important to feel welcome in Canada, know English and have family and friends close by, among other factors, are less likely to feel that the quality of the neighbourhood is important. Conversely, most respondents who feel these aspects are very important are also likely to feel that the quality of the neighbourhood is indeed important.

Respondents who are less likely to uphold South Asian traditions are also less likely to believe the quality of the neighbourhood is important in choosing a location, whereas those who do uphold traditions with greater frequency are more likely to feel the quality of the neighbourhood is important.

Safety and security

Respondents who have mostly South Asian friends (70.5%) and those who have both South Asian and North American friends (78.6%) are likely to feel that safety and security are important when choosing a location.

Most respondents who see themselves either as mainly South Asian (78.6%) or as equally South Asian and Canadian (69.6%) feel safety and security are important when choosing a location. Most respondents (75.0%) who feel they are more Canadian, however, do not feel safety and security are important. Respondents who see themselves as mostly Canadian on an

ethnic continuum are not likely to feel safety and security are important in choosing a location, while those who see themselves as mostly South Asian do feel safety and security are important.

The majority (72.4%) of respondents, regardless of their beliefs about living in Canada, feel safety and security are important in choosing a location. Similarly, most respondents (72.4%), particularly those who uphold South Asian traditions with greater frequency, are likely to believe safety and security are important as well.

Proximity to family and friends

Most respondents (78.6%) who have both South Asian and North American friends feel it is important to live near family and friends. Surprisingly, a small majority of respondents (54.5%) who have mainly South Asian friends believe living near family and friends is not important.

A portion of both respondents who feel they are more South Asian (60.7%) and those who feel equally South Asian and Canadian (52.2%) in terms of their national identity feel it is important to live near family and friends, while most respondents (75.0%) who see themselves as more Canadian do not feel this aspect is important. Respondents vary in the importance they place on living in close proximity to family and friends, according to their ethnicity. Overall, though, 53.4% of respondents feel it is important to live near family and friends.

On the whole, over half of the respondents (53.4%) feel that, regardless of the importance given to aspects of a Canadian life, living near family and friends is important. Those who feel it is less important to know English and have Canadian friends, among other aspects, are more likely to feel that living close to family and friends is less important. The opposite is true for respondents who believe the aforementioned aspects are important. Respondents who are less likely to sustain South Asian traditions are also less likely to feel it is important to live near family and friends. The reverse is true for most respondents who maintain South Asian traditions regularly.

Housing Information – Past and Present

Housing information: Guru Nanak Niwas

Prior to moving into the Guru Nanak Niwas complex, the majority of respondents lived in the same city (N=19, 67.9%), in either a secondary suite (N=14, 50.0%) or a single detached house (N=12, 42.9%). Most participants either lived alone (N=9, 32.1%) or with their children (N=9, 32.1%) before moving. According to the residents, financial reasons (N=11, 30.6%) were the main motive for moving out of their previous residence, followed by pressure from their children or relatives (N=7, 19.4%) (Table 6). Family members felt that the older adults moved out of their current residence and into the complex because they felt

| Reasons for Moving Out | | Percent |
|---|---------------|---------|
| Financial Reasons | Resident | 30.6 |
| | Family Member | 7.4 |
| Pressure from Children or Other Relatives | Resident | 19.4 |
| | Family Member | 18.5 |
| Abuse or neglect in Previous Residence | Resident | 13.9 |
| | Family Member | 11.1 |
| Poor condition/maintenance of Residence | Resident | 5.6 |
| | Family Member | 7.4 |
| Change in health or physical strength | Resident | 5.6 |
| | Family Member | 11.1 |
| Wished to be With Others their age | Resident | 5.6 |
| | Family Member | 0.0 |
| Did not have any South Asians living nearby | Resident | 2.8 |
| | Family Member | 0.0 |
| Dissatisfaction with neighbourhood | Resident | 0.0 |
| | Family Member | 7.4 |
| Difficulty looking after residence | Resident | 0.0 |
| | Family Member | 3.7 |
| Residence too large | Resident | 0.0 |
| | Family Member | 3.7 |
| No response | Resident | 0.0 |
| | Family Member | 11.1 |
| Other | Resident | 16.7 |
| | Family Member | 18.5 |

TABLE 6: Reasons behind Guru Nanak Niwas residents' moving out of their previous homes

pressure from their children (N=5, 18.5%). Other reasons include suffering abuse and neglect in their previous residence (N=3, 11.1%) and a change in health or physical strength (N=3, 11.1%).

For the older adults, motivating factors for moving into the Guru Nanak Niwas include other South Asians living in the complex (N=19, 16.8%), the cost (N=18, 15.9%), the attractiveness of the project (N=16, 14.2%) and the quality of the dwelling units (N=15, 13.3%) (Table 7).

| Reason for Moving | | Percent |
|---|---------------|----------------|
| Other South Asian adults living in the complex | Resident | 16.8 |
| | Family Member | 15.5 |
| Quality of dwelling | Resident | 13.3 |
| | Family Member | 12.7 |
| Familiar Neighbourhood | Resident | 3.5 |
| | Family Member | 11.3 |
| Close to other facilities and services | Resident | 7.1 |
| | Family Member | 11.3 |
| Staff and management speak my language | Resident | 9.7 |
| | Family Member | 11.3 |
| Service provider from own ethnic group | Resident | 9.7 |
| | Family Member | 9.9 |
| Children & relatives live nearby | Resident | 4.4 |
| | Family Member | 7.0 |
| Attractiveness of project | Resident | 14.2 |
| | Family Member | 7.0 |
| Cost | Resident | 15.9 |
| | Family Member | 4.2 |
| Friends & relatives live here | Resident | 1.8 |
| | Family Member | 2.8 |
| Recreational facilities and activities that are available | Resident | 0.9 |
| | Family Member | 1.4 |
| Services available on premises | Resident | 0.0 |
| | Family Member | 2.8 |
| Good Accessibility | Resident | 0.9 |
| | Family Member | 0.0 |
| Other | Resident | 2.8 |
| | Family Member | 2.8 |

TABLE 7: Reasons behind residents' move into Guru Nanak Niwas

Family members had similar responses, and felt that the older adults chose the complex because other South Asians live there (N=11, 15.5%), or because of the quality of the dwelling (N=9, 12.7%), the familiar neighbourhood (N=8, 11.3%), its closeness to other facilities and services (N=8, 11.3%) and the staff and management being able to speak their language (N=8, 11.3%), among other factors.

An overwhelming number of respondents are satisfied with their current living arrangement. Most like living in housing for only older adults very much (N=26, 96.3%). Only two participants (7.4%) prefer a different living arrangement, either with their family (N=1, 50.0%) or on their own (N=1, 50.0%). Cost (N=4, 22.2%), health problems (N=3, 16.7%), and cultural reasons (N=3, 16.7%) are the main obstacles preventing residents from having their ideal living arrangement. Furthermore, when asked if they would still move to the complex if it could be done over again, only one respondent (3.6%) stated he/she would not move into the complex. Only three older adults (10.7%) have seriously thought about moving out. Two respondents (7.4%) prefer to live in a different building or facility, mainly one that provides assisted living (N=3, 10.7%). Those preferring to live in a different facility would prefer it to be specifically for people with their cultural background (N=7, 70.0%) (Figure 17).

Much like the older adults, family members feel that the Guru Nanak Niwas facility is the ideal living arrangement. Only two family members prefer a different living arrangement, either having the older adult live with relatives or alone. They feel their relatives cannot have their preferred living arrangement either because there are no relatives to share the household with (N=5, 62.5%) or their relative has health problems (N=1, 12.5%). All older adults (N=28, 100.0%) and family members agree (N=14, 93.3%) that the Guru Nanak Niwas complex upholds aspects of their culture that they wish to maintain. The majority of respondents have not had any discrimination directed at them while living in the neighborhood.

Family members like the idea that their relative is living in a housing complex that is only for older adults (N=13, 86.7%) with the same cultural background (N=13, 92.9%). If it could be

done over, over ninety percent of the family members would still move their relatives to the complex (N=12, 92.3%). In the future, should their relatives find it difficult to live in the complex, the majority of family members state they would help him/her look for an assisted living facility (N=9, 47.4%). It is very important to them (N=12, 80.0%) and to the older adults (N=24, 88.9%) that this facility be geared towards South Asians (SA) (Figure 18).

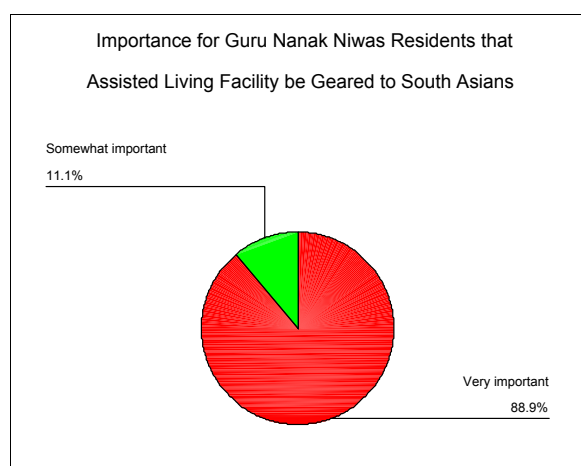


FIGURE 17: Importance of future residence being geared towards SAs – GNN resident
GNN resident

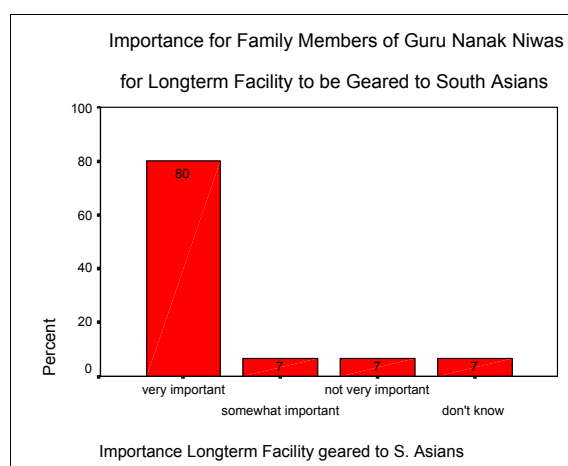


FIGURE 18: Importance of future residence being geared towards SAs– GNN family

Housing Information for Community-Living Older Adults

Most older adult participants have lived in their homes for 10 years or less (N=24, 80.0%), and the majority live with one other person (N=9, 30.0%). Approximately six people, besides the respondent, live in the house, according to both the older adult and family members. They include the respondent's spouse/partner (N=11, 16.9%), the respondent's son (N=11, 16.9%), and the respondent's daughter (N=9, 13.8%) (Table 8).

| <i>Person</i> | <i>Number of People</i> |
|------------------|-------------------------|
| Spouse | 24 (30.0%) |
| Sons | 15 (18.8%) |
| Daughters | 6 (7.5%) |
| Daughters-in-law | 14 (17.5%) |
| Sons-in-law | 2 (2.5%) |
| Grandchildren | 17 (21.3%) |
| Other Relatives | 1 (1.3%) |
| Non-relatives | 1 (1.3%) |

TABLE 8: People living in residence according to CL older adult.

Almost half of the older adults lived in the same city (N=14, 46.7%) before moving to their current residence, and two-thirds (N=20, 66.7%) lived with their children prior to moving (Figure 19 and 20).⁵

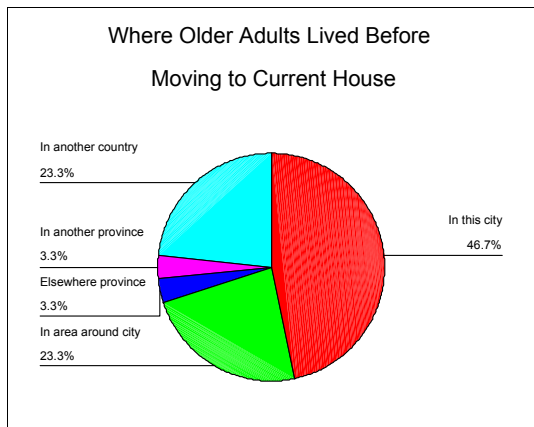


FIGURE 19: Where CL older adult lived before moving into current house.

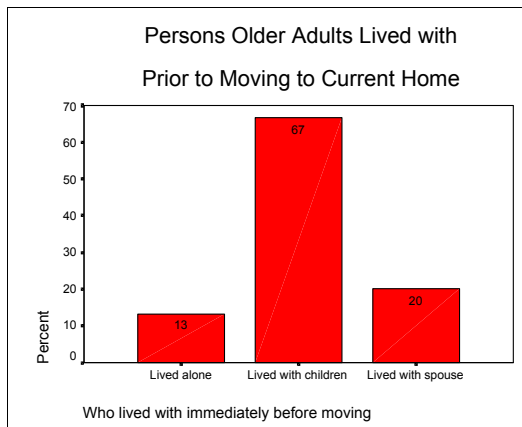


FIGURE 20: Persons CL older adults lived with before moving to current house.

Most are content with their current living arrangements (N=22, 73.3%). Of those who would ideally prefer a different living arrangement (N=8, 26.7%), half would prefer to live with family (N=4, 50.0%), while some said they would like to live with others (N=3, 37.5%). The main reason for not having their preferred living arrangement was cost (N=5, 41.7%) (Figure 21).

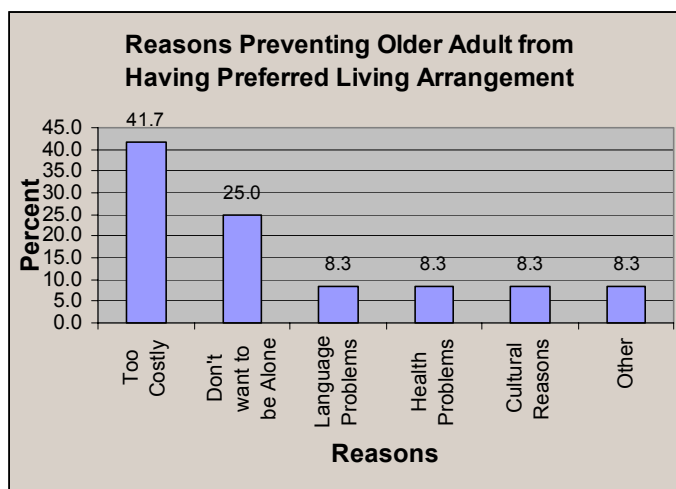


FIGURE 21: Reasons preventing CL older adult from having preferred living arrangement

⁵ In their previous residence, they either lived with their adult children with whom they are currently residing in this house or else they lived with other adult children (either in Canada or in India).

Family members either live in Surrey (N=6, 40.0%) or in another part of the GVRD (N=9, 60.0%). They have lived in their homes for an average of four years. Before moving to their current residence, family members lived in the same city (N=10, 66.7%), in the surrounding area (N=4, 26.7%), or in another country (N=1, 6.7%). Most family members, like the older adults, do not prefer a different living arrangement (N=11, 73.3%). Of those that do, they would prefer to live with family (N=2, 40.0%), or with their spouse and children only (N=2, 40.0%). The principal reasons for not having their preferred living arrangement include the older adult relative not having any other family members to live with (N=2, 28.6%), a reluctance to having their relative to live alone (N=2, 28.6) and cost (N=2, 28.6%) (Figure 22).

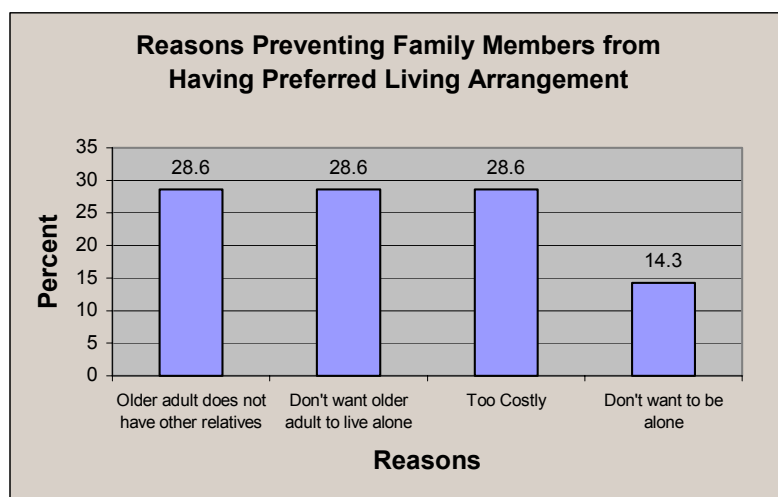


FIGURE 22: Reasons preventing CL older adults' family members from having preferred living arrangement

Before moving to Canada, family members stated the older adults lived in South Asia (N=11, 100.0%) and a majority of the older adults have lived with them since moving to Canada (N=11, 73.3%). When older adult relatives did not live with the family member interviewed, they either lived in another part of the GVRD (N=3, 60.0%) or another part of B.C. (N=1.0, 20.0%). Family members of most of the older adults lived in single-detached houses (N=11, 78.6%), with other children (N=6, 40.0%) or with the respondent (N=2, 20.0%) prior to their current living arrangement. The reasons for the older adults moving out of their previous

residence include immigration to Canada, wanting to be with their children and the death of a spouse.

In terms of the type of housing, 23 (76.7%) older adults live in a single-detached house. These houses vary in terms of units. Most respondents either live in 4-bedroom (N=7, 23.3%), 3-bedroom (N=3, 10.0%), 2-bedroom (N=6, 20.0%) or one-bedroom (N=9, 30.0%) units. The majority of the older adults (N=24, 80.0%) are happy with their current home and would not prefer to live in a different building. Of those that would prefer to be in a different facility, half (N=4, 50.0%) would prefer to live in a single-detached house. Most family members also suggest living in a single-detached house (N=10, 66.7%). Only two respondents (13.3%) state that they would prefer a different living arrangement. Family members state they would prefer to live in a single-detached house (N=4, 57.1%). In terms of specific rooms in the house, most family members state they have bedrooms (N=13, 86.7%), a bathroom (N=13, 86.7%), a living room (N=13, 86.7%), a dining room (N=10, 66.7%), and a kitchen (N=12, 80.0%) a family room (N=8, 53.3%). Family members are not likely to have a study (N=4, 26.7%) or a prayer/meditation room (N=1, 6.7%). Most find the house to be just right in size (N=12, 80.0%). Others find it to be too small (N=3, 20.0%), in particular the bedrooms, dining area, living room, bathroom, and kitchen. For the most part, according to the family member, the older adult has a room to him/herself (N=9, 64.3%) or shares a room with another household member (N=5, 35.7%). Most CL older adults state they live with family members who own or rent their current home (N=17, 56.7%). A smaller percentage (N=9, 30.0%) own their current homes, while a few (N=4, 13.3%) rent their current homes. (Figure 23).

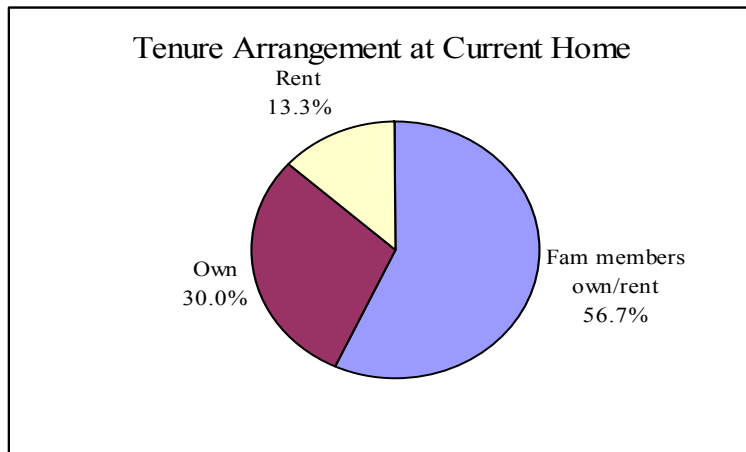


FIGURE 23: Tenure arrangement of current residence of CL older adult

The older adult respondents moved to this residence because of the familiarity of the neighbourhood (N=6, 8.7%) and because it was close to useful facilities and services (N=6, 8.7%), among other factors (Table 9).

| Reason For Moving | | <i>Percent</i> |
|---|---------------|----------------|
| Familiar Neighbourhood | Resident | 8.7 |
| | Family Member | 9.1 |
| Close to Useful Facilities and Services | Resident | 8.7 |
| | Family Member | 18.2 |
| Son or Daughter lives in Residence | Resident | 8.7 |
| | Family Member | 0.0 |
| Other Relatives live Nearby | Resident | 5.8 |
| | Family Member | 9.1 |
| Good School District | Resident | 5.8 |
| | Family Member | 6.1 |
| Size of Residence | Resident | 5.8 |
| | Family Member | 9.1 |
| Other South Asians live Nearby | Resident | 5.8 |
| | Family Member | 3.0 |
| Children live Nearby | Resident | 4.3 |
| | Family Member | 6.1 |
| Post-secondary Institution Nearby | Resident | 4.3 |
| | Family Member | 3.0 |
| Quality of Residence | Resident | 4.3 |
| | Family Member | 3.0 |
| Close to Ethnic Stores | Resident | 4.3 |
| | Family Member | 6.1 |
| Close to Place of Worship | Resident | 4.3 |
| | Family Member | 3.0 |
| Good Access to Transportation | Resident | 4.3 |
| | Family Member | 0.0 |
| Recreational Facilities Nearby | Resident | 4.3 |
| | Family Member | 0.0 |
| Attractiveness of the Residence | Resident | 1.4 |
| | Family Member | 3.0 |
| Friends live Nearby | Resident | 1.4 |
| | Family Member | 9.1 |
| Cost | Resident | 0.0 |
| | Family Member | 3.0 |
| Other | Resident | 17.4 |
| | Family Member | 9.1 |

TABLE 9: Why those in Community Housing Moved to Current Residence

Family members moved to their current residence for similar reasons. They felt it is close to useful facilities and services (N=6, 18.2%), the neighbourhood is familiar (N=3, 9.1%), and other relatives (N=3, 9.1%) and friends (N=3, 9.1%) live nearby.

Locational features of importance in selection of housing

Regarding location, most residents in GNN feel it is important to have access to transportation (20.7%) and to be in close proximity to their ethnic community (19.8% (Figure 24). The third category influencing choice of location was safety and security; however, this did not rank as high as the first two categories (14.7%).

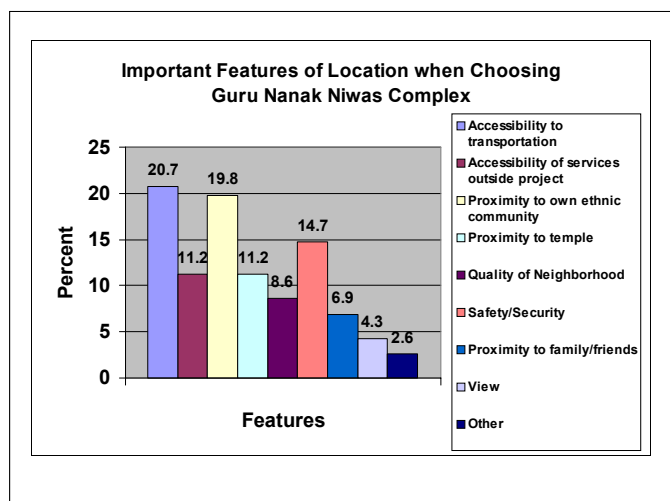


FIGURE 24: Important features of location for older adults when choosing GNN

Family members of GNN residents, as well, feel the most important features are its accessibility to transportation (16.7%), accessibility to services and amenities outside the complex (16.7%) and safety and security (16.7%). Other important factors for family members include the quality of the neighborhood (12.5%) and its proximity to family and friends (N=9, 12.5%). All older adults (100.0%) and most family members (93.3%) are very satisfied with the location of the complex in terms of its convenience. Older adults at the GNN complex are very satisfied with the location of their home in terms of its convenience (96.2%). All respondents feel very safe in their homes, in the common areas of the housing complex, and on the grounds of the complex. Most also feel very safe in the parking area

(96.4%) and on the streets in the neighbourhood (92.9%), and this perception of safety may be the reason behind the score on safety and security in the location question.

Regarding location, community living older adult feel it is important to look at factors such as safety and security (15.3%), quality of neighbourhood (14.3%), proximity to their ethnic community (14.3%), access to transportation (13.7%) and proximity to family (13.7 %) (Figure 25).

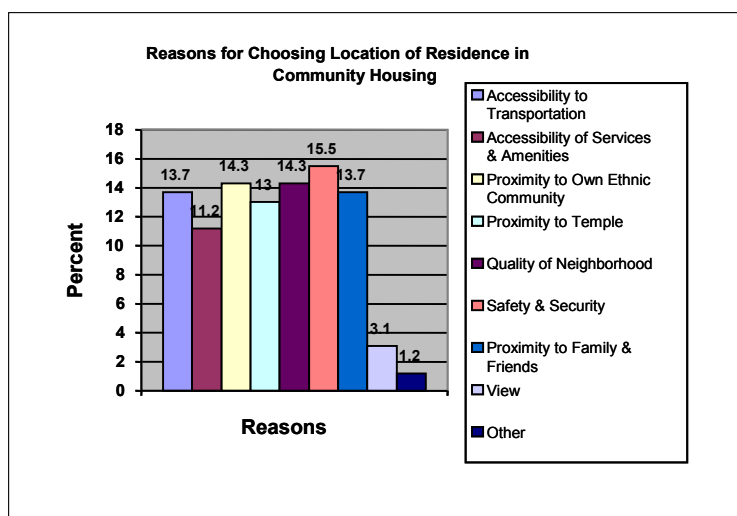


FIGURE 25: Important features of location for older adults when choosing community housing

In terms of location, both groups of older adults prefer easy access to public transportation and ethno-specific services. The reasons behind the need for easy access to public transportation have been discussed earlier in the report. Literature has shown that first generation immigrants prefer to have ethno-specific services close by and this is supported by this exploratory study's findings.

It is interesting to note that safety/security, quality of neighbourhood and proximity to family are more important for CL older adults than for GNN older adults. The reason may be that community living older adults do not live in a housing complex that is perceived to be a safe area, but rather in individual houses in neighborhoods that may or not be perceived as safe. In terms of proximity to family, GNN residents have moved away from family to a housing complex, and have formed their own informal support networks within the complex and this

may be the reason why their score on this aspect is lower. This is an exploratory study with a small sample size. Additional studies with larger sample sizes are needed to understand in detail the importance attached to various factors during the selection of residence by this distinct group of older adults. This study's findings are useful in providing information on which features to highlight in a larger study.

Family members of GNN residents are very satisfied with the location in terms of its convenience (N=14, 93.3%). They find the neighbourhood to be very safe for the older adults to walk in (N=11, 73.3%), and they feel the neighbourhood has adequate services to meet the needs of older adults (N=10, 71.4%). Most family members feel very safe in their relatives' units (N=11, 78.6%) and in the common areas (N=10, 71.4%) of Guru Nanak Niwas complex. Relatives either feel very safe (N=7, 50.0%) or moderately safe (N=6, 42.9%) on the grounds. They are evenly divided on how safe they feel in the parking area, as some say they feel very safe (N=5, 35.7%) while others feel moderately safe (N=5, 35.7%) or not very safe (N=4, 28.6%). Similarly, on the streets of the neighbourhood, some feel they are very safe or not safe at all (N=5, 35.7%), while others feel they are moderately safe (N=4, 28.6%). All GNN respondents and their family members state that there is a public transportation stop within walking distance of the complex. It has benches, appropriate lighting and a weather shelter. Most GNN respondents use public transit as their mode of transportation (N=22, 61.1%), but a majority of the family members (N=12, 85.7%) use their own cars to get to the facility.

Most GNN residents find heavy traffic is not present within the neighbourhood. They do feel that hills and street lights exist. Unfortunately, they believe that there is a lack of enjoyable scenery within the neighbourhood (N=26, 92.9%). Most feel that high crime is not present (N=25, 92.6%). They feel safe walking in the neighbourhood during the day (N=24, 85.7%). Most family members (N=9, 60.0%) also believe their relatives feel safe in the neighbourhood. Various services and amenities are available in the vicinity. These include a bus stop, community centre, ethnic grocery stores, drug stores and a temple and mosque, among other facilities.

Social Interaction and informal support

Socialization within Guru Nanak Niwas

Most respondents at Guru Nanak Niwas feel that they are very sociable (N=18, 64.3%) and they interact with people within the housing complex on a regular basis (N=24, 85.7%). Most feel they know between one and four residents well enough to visit or invite over (N=21, 75.0%) and, of those visiting, the majority are South Asian (N=27, 96.4%). During the previous week, respondents talked to an average of 6.4 residents from the housing complex. Of these, an average of 5.8 persons were South Asian. Within the complex, the majority socialized with others every day (N=14, 51.9%) or a few times per week (N=9, 32.1%). Socializing takes place in the respondents' homes (N=19, 67.9%), in the shared areas of the building (N=19, 31.1%), or in public spaces (N=16, 26.2%). Respondents do feel there are enough opportunities to socialize with other residents (N=26, 92.9%). While most respondents are very satisfied with their social life (N=23, 82.1%), they do report feeling lonely sometimes (N=17, 60.7%). For the most part, though, those responding report that their social life has increased since moving into the complex (N=20, 71.4%).

Informal support and social interaction with family members

Family members do make the effort to visit their relatives at Guru Nanak Niwas. A majority of them visit the complex either once a week (N=6, 40.0%) or 2-3 times per week (N=6, 40.0%). The older adults are likely to visit their family members at home once a month (N=4, 26.7%), 2-3 times per week (N=3, 20.0%), or once a week (N=3, 20.0%).

The majority of older adults living in community housing spend most of their day interacting with their spouse or partner (N=18, 27.3%) or their grandchildren (N=17, 25.8%). A large number of respondents meet with their children or grandchildren every day (N=15, 50.0%) or two to three times per week (N=8, 26.7%). The older adults have an average of 5.3 grandchildren living in the GVRD. For the most part, family members concur with the older adults as they suggest that they meet with their relatives every day (N=5, 38.5%) or two to three times per week (N=5, 23.8%). The older adults have an average of 9.1 family members and relatives, besides their children and grandchildren, living in the GVRD. They mostly see these relatives every day (N=4, 25.0%), once a week (N=4, 25.0%), or once a month (N=4,

25.0%). Most family members (N=14, 93.3%) of residents at Guru Nanak Niwas help the older adults with chores, including doctors' appointments (N=10, 24.4%), grocery shopping (N=9, 22.0%), visiting family and friends (N=6, 14.6%), attending religious services (N=6, 14.6%) and going to South Asian stores (N=6, 14.6%) (Table 10).

In the community-living group, most family members also assist their relatives with chores, errands, and appointments (N=22, 73.3%); in particular, those most likely to help are their children (N=18, 48.6%), their daughter- or son-in-law (N=13, 35.1%), or their partner or spouse (N=5, 13.5%). According to the CL family members, doctor's appointments (N=12, 19.0%) and visiting family and friends (N=12, 19.0%) are the most frequent activity for which they provide assistance. This is followed by going to South Asian markets (N=10, 15.9%), going to the temple, mosque, or church (N=10, 15.9%), grocery shopping (N=9, 14.3%) and shopping for non-perishable items (N=9, 14.3%) (Table 10).

| Chore/Errand/Appointment | | Percent |
|-----------------------------------|-------------------|----------------|
| Doctor's appointments | Guru Nanak Niwas | 24.4 |
| | Community Housing | 19.0 |
| Grocery shopping | Guru Nanak Niwas | 22.0 |
| | Community Housing | 14.3 |
| Visiting family and friends | Guru Nanak Niwas | 14.6 |
| | Community Housing | 19.0 |
| Attending religious service | Guru Nanak Niwas | 14.6 |
| | Community Housing | 15.9 |
| Going to South Asian stores | Guru Nanak Niwas | 14.6 |
| | Community Housing | 15.9 |
| Shopping for non-perishable items | Guru Nanak Niwas | 7.3 |
| | Community Housing | 14.3 |
| Other | Guru Nanak Niwas | 2.4 |
| | Community Housing | 1.6 |

TABLE 10: Types of chores, errands, and appointments that family members help with for both groups of older adults

Family members agree with the community-living older adults and state they help their relatives by taking them to doctor's appointments (N=12, 19.0%), attending religious services (N=10, 15.9%) and going to South Asian stores (N=10, 15.9%). Those that participate in getting support services for their relatives include the family members' spouse (N=11, 45.8%) and brothers or sisters (N=4, 16.7%), among others. In terms of financial and housing decisions, the CL older adult's spouse or partner (N=18, 30.5%) aids in the decision making for the most part, or the person is likely to make his/her own decisions (N=14, 23.7%). Family members state they help their relative with the decisions (N=6, 23.1%), or the older adult does it alone (N=6, 23.1%). Others likely to help include the family members' spouse (N=5, 19.2%) and the older adults' other children (N=4, 15.4%).

Most relatives (N=9, 60.0%) of GNN respondents do not do any recreational activities with the older adults. Of those that do, they usually do these activities two to three times per week (N=5, 71.4%) or once per week (N=1, 14.3%). Most family members (N=11, 78.6%) do attend religious gatherings with the older adults at GNN. This occurs once a week (N=3, 23.1%), once in two to three months (N=3, 23.1%), or once a month (N=2, 15.4%), for the most part.

In the community group, most household members spend time together. They participate in recreational activities together (N=23, 76.7%) and attend religious activities together (N=28, 93.3%). Family members state they participate in recreational activities approximately once a week (N=4, 44.4%) or two to three times per week (N=2, 22.2%). All family members attend religious gatherings with the older adult relatives (N=14, 100.0%), usually once a week (N=8, 53.3%) or once every two weeks (N=3, 20.0%).

In terms of activities within the household, the community-living older adult participants feel they are most likely to assist their family members by doing housework (N=15, 21.1%), providing childcare (N=14, 19.7%) and preparing meals (N=13, 18.3%) (Table 11). These activities are usually done with their daughters-in-law (N=9, 23.7%), grandchildren (N=8, 21.1%), spouse (N=6, 15.8%) or daughters (N=6, 15.8%). Family members list similar activities when asked in what ways their older adult relative contributes to the household.

These include providing childcare (N=10, 19.6%), doing housework (N=9, 17.6%), preparing meals (N=8, 15.7%) and doing laundry (N=7, 13.7%). Researchers have stated that in intergenerational households, the informal support is bi-directional, with the older adult providing support through the sharing of work related to childcare, housekeeping, etc., and the adult child providing support for the older adult through access to services, provision of room and board, etc. Findings from this study lend support to that position.

| Methods | | Percent |
|--|---------------|----------------|
| Provide Childcare | Older Adult | 19.7 |
| | Family Member | 19.6 |
| Do Housework | Older Adult | 21.1 |
| | Family Member | 17.6 |
| Prepare Meals | Older Adult | 18.3 |
| | Family Member | 15.7 |
| Do the Laundry | Older Adult | 15.5 |
| | Family Member | 13.7 |
| Do gardening/yard work | Older Adult | 8.5 |
| | Family Member | 9.8 |
| Contribute to other Household expenses | Older Adult | 7.0 |
| | Family Member | 9.8 |
| Contribute to Rent or Mortgage Payment | Older Adult | 5.6 |
| | Family Member | 3.9 |
| Don't Contribute to Anything | Older Adult | 0.0 |
| | Family Member | 3.9 |
| Run Errands | Older Adult | 1.4 |
| | Family Member | 0.0 |
| Other | Older Adult | 2.8 |
| | Family Member | 0.0 |
| No Response | Older Adult | 0.0 |
| | Family Member | 5.9 |

TABLE 11: Ways Older Adults Contribute to Household in Community Living

Informal support among Guru Nanak Niwas residents

Frequently, GNN respondents help each other by providing advice (21.8 %), lending things to each other (19.2%) and helping out when someone is sick (16.7%). They also pick things up at stores for others and look in on one another (Figure 26).

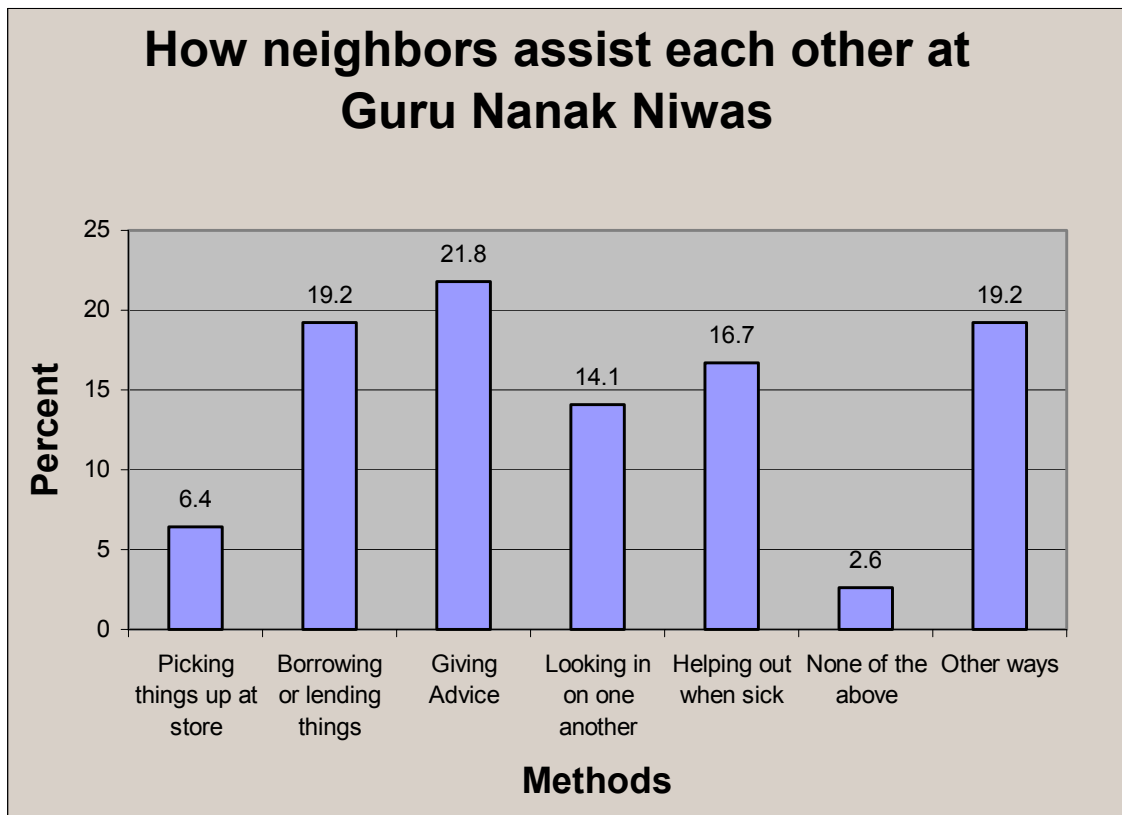


FIGURE 26: Type of informal support among South Asian residents in Guru Nanak Niwas

Both groups of older adults rely on family and friends from their own ethnic group for social interaction. Researchers have stated that this type of *bonding social capital* (Putnam & Feldstein, 2003) helps immigrant communities to gain access to services and amenities and to adjust to life in a new society. In GNN, this type of support comes from other residents and family members (if they are living nearby or are in contact), and in the community-living group the family is the major source of support. In future studies, it would be useful to explore in detail the informal social support structure of ethnic older adults, especially those living in purpose-built housing.

Ageing, family support and need for additional care

Families are often guided by cultural beliefs or ideologies that can prescribe which family forms are preferred and which relationships are most important (Burholt, 2004). Values ascribed to marriage, family and the roles of different family members within the family

shape the behaviours and beliefs of immigrants (Afshar, 1994). In South Asia, the family is of central importance and is the mainstay of social life, meeting the social, economic and emotional needs of its members (Burholt, 2004). These and other aspects of their lifestyles are often distinct for immigrants (compared to the native-born population), and first generation immigrants may have difficulty relating to the dominant meaning of aging, caregiving, and long-term care in North American culture. Filial piety may play a strong role in determining caregiving roles and place of residence for South Asian older adults (Tirone and Shaw, 1997).

In this study, living in an intergenerational household is very satisfying for a large number of the older adults (N=19, 63.3%) in the community, and most (N=23, 76.7%) think it is important for older adult parents to live with their children. The older adults living in the community find it very important to live with their children when they are advanced in age and need support (N=23, 76.7%) (Figure 27). Similarly, almost all family members of community-living older adults feel that it is very important for their older adult relative to live with their children when they are of advanced age (N=14, 93.3%) (Figure 28).

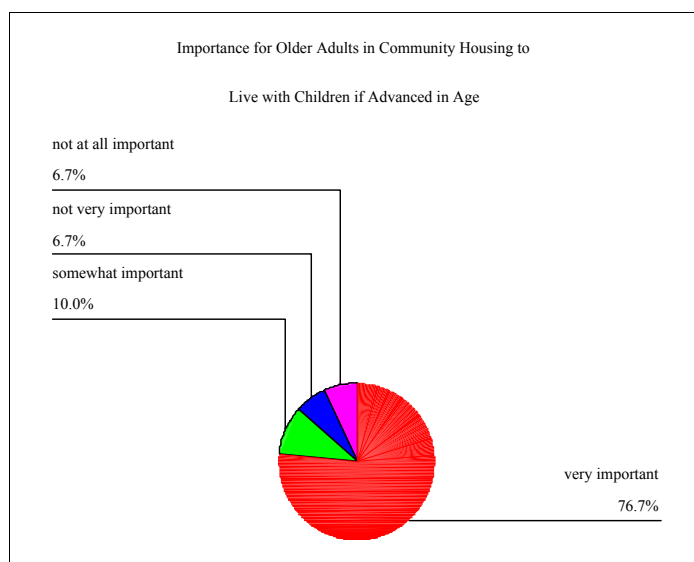


FIGURE 27: Importance of living with family in advanced age – CL older adult

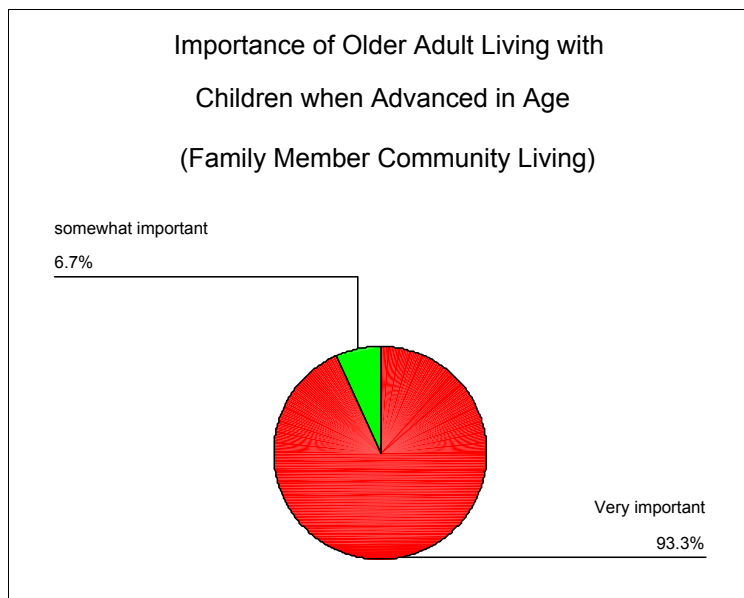


FIGURE 28: Importance of living with family in advanced age – family member of CL older adult

Guru Nanak Niwas respondents and their family members were not asked this question, as this group of older adults had already moved to housing away from their families. However, in future, if qualitative interviews are conducted with GNN residents (and their family members), it would be interesting to find out their perceptions about ideal living arrangements for South Asian older adults.

Family members for both groups of older adults were asked what they would do if in future their older adult relative's physical and mental health condition declined and they could not live independently and required more caregiving or support than what is needed at present. Approximately 50 percent of GNN respondents' family members (47.4 %) state that they would help their older adult relative to look for an assisted living facility. A small percentage (10.7%) state that would have their relative to move in with them or hire regular home health care staff to come to the GNN complex (Figure 29).

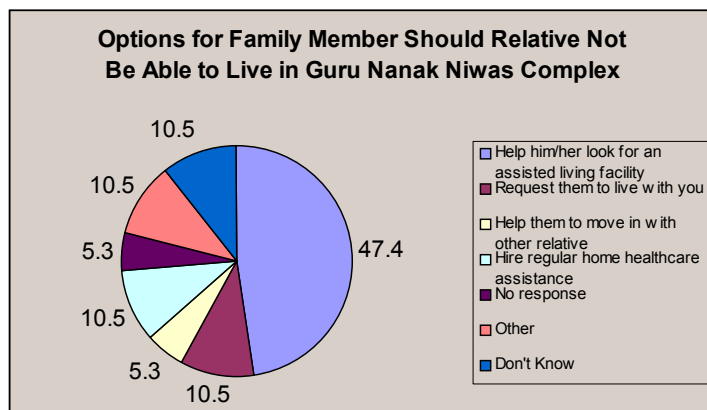


FIGURE 29: Future options for living arrangements identified by family members of GNN older adults if older adult relative cannot live independently

However, only a quarter of the family members of CL older adults state they would help their relative look for an assisted living facility (N=4, 26.7%) or hire a regular home care aide (N=4, 26.7%) (Figure 30) if their older adult relatives are not able to live independently. Interestingly, a quarter of the family members did not feel comfortable responding to this question. This hints at the dilemma faced by South Asian adult children when they are trying to balance filial piety, the caregiving needs of their older adult relative and their own capability in providing for these needs without the support that is usually available in their country of birth.

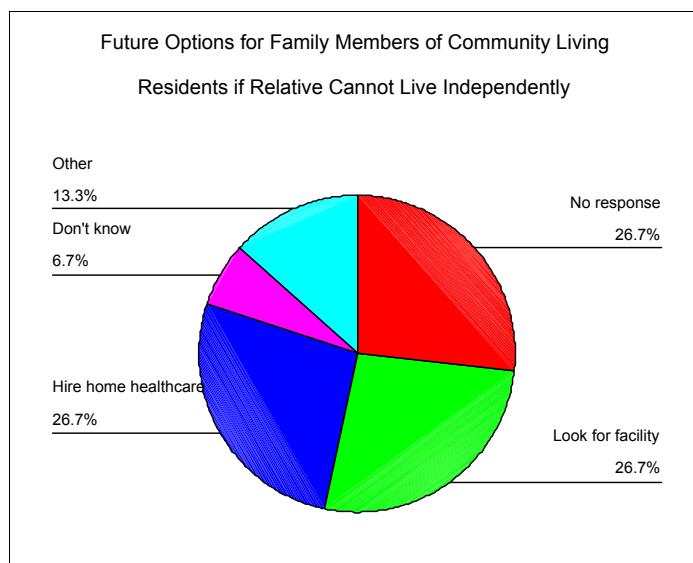


FIGURE 30: Future options of living arrangements identified by family members of CL older adults if older adult relative cannot live independently

When asked to think hypothetically about facilities for South Asian older adults, most GNN (80 %) and CL (61.5%) family members think it is very important that the facility be geared towards South Asian Canadians. The older adults in both groups (GNN older adult – 88.9%; CL older adult- 75.9%) also feel it is very important that this facility be South Asian Canadian. These findings and literature (e.g., Hikoyeda & Wallace, 2001) highlight the need for facilities designed for older adults to provide ethno-specific supportive services (e.g., food, cultural and religious activities, staff speaking language similar to older adult, etc.) where there is a high concentration of ethnic older adults.

Evaluation of staff and service within Guru Nanak Niwas

Guru Nanak Niwas (GNN) residents' participation in management Operations

Most respondents (N=15, 55.6%) are not involved in the decisions regarding their complex and very few (N=3, 11.5%) serve on a tenant committee (Figure 31). Even though their involvement is low, they do feel their opinions count (N=24, 88.9%). Most family members (N=8, 61.5%) of GNN residents also do not participate in a committee within the complex, though most (N=10, 66.7%) feel that it is important to be involved in decisions that affect their relatives' housing. Family members do feel their opinions count (N=2, 13.3%) and that they have some influence over the decisions being made (N=6, 40.0%).

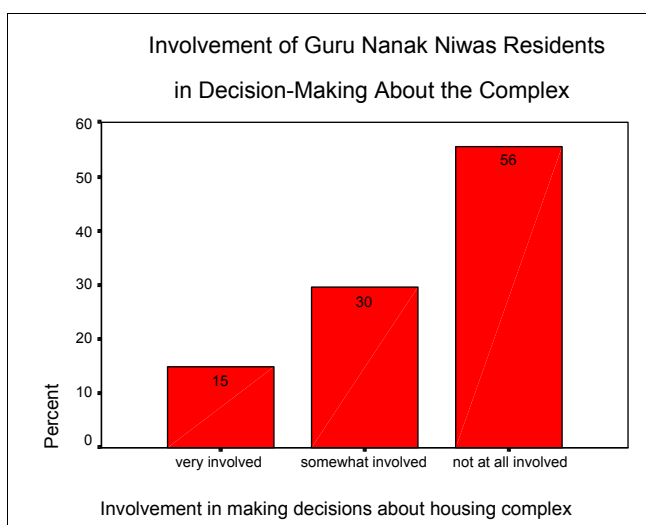


FIGURE 31: Involvement of residents in management process of GNN

Evaluation of the on-site staff by Guru Nanak Niwas (GNN) residents

GNN residents, in general, are satisfied with on-site staff. They find the staff courteous and helpful, knowledgeable and competent, and feel staff keep residents well-informed (Table 12).

Most family members (N=14, 93.3%) of GNN residents feel welcome going into the administrative area. All family members find the staff to be helpful and knowledgeable, and speak their language. Most also find that the staff keep them well-informed about their relatives (N=10, 76.9%).

| | | Yes | No |
|--|----------------|--------------|------------|
| On-site staff courteous and helpful | Residents | 100.0 (N=28) | 0.0 |
| | Family Members | 100.0 (N=15) | 0.0 |
| On-site staff knowledgeable and competent | Residents | 100.0 (N=28) | 0.0 |
| | Family Members | 100.0 (N=15) | 0.0 |
| On-site staff speak your language | Residents | 100.0 (N=27) | 0.0 |
| | Family Members | 100.0 (N=15) | 0.0 |
| On-site staff keep you well informed | Residents | 100.0 (N=28) | 0.0 |
| | Family Members | 76.9 (N=10) | 23.1 (N=3) |
| Amenities and services support everyday activities | Residents | 92.9 (N=26) | 7.1 (N=2) |
| | Family Members | 100.0 (N=13) | 0.0 |
| Amenities and services make it easier to socialize with residents and visitors | Residents | 100.0 (N=28) | 0.0 |
| Comfortable living in complex even if amenities and services not available | Residents | 85.2 (N=23) | 14.8 (N=4) |

TABLE 12: Evaluation of on-site staff and services at Guru Nanak Niwas

Evaluation of services within GNN housing complex

The services used by Guru Nanak Niwas respondents include the laundry, transportation, on-site counseling, workshops and lectures and cultural events. Within the complex, some

residents use the lounge for an average of 2.7 hours per week and the computer room for an average of 3.5 hours per week. Most find the services easy to access (N=21, 75.0%). For the most part, the services are available in their language, and the information provided is easy to understand.

The majority of respondents (N=19, 70.4%) would like other services made available to them. These include doctors and dentists on-site, transportation, more workshops, outings, cooking and laundry services and cultural events. All family members feel that the amenities and services their relatives receive support their everyday activities. As well, they feel that the complex has adequate physical/environmental accessibility (N=11, 73.3%).

Evaluation of surrounding neighbourhood features and services

Presence of environmental features in the neighbourhood that facilitate use of the neighbourhood area

The presence of sidewalks, good lighting and people on the street, and less traffic, crime and hilly areas all encourage people to come out of their residences and walk around their neighbourhoods. Most Guru Nanak Niwas residents, community-living older adults and their family members state that their communities had sidewalks, streetlights, people in the streets and a low crime rate (Table 13).

| | | Yes | No | Not Applicable | Don't Know |
|---|----------------|--------------|--------------|----------------|------------|
| Presence of Sidewalks | GNN Resident | 100.0 (N=28) | 0.0 | 0.0 | 0.0 |
| | CL older adult | 93.3 (N=28) | 6.7% (N=2) | 0.0 | 0.0 |
| | CL Family | 93.3 (N=14) | 6.7 (N=1) | 0.0 | 0.0 |
| Presence of Heavy Traffic | GNN Resident | 42.9 (N=12) | 57.1 (N=16) | 0.0 | 0.0 |
| | CL older adult | 23.3 (N=7) | 76.7 (N=23) | 0.0 | 0.0 |
| | CL Family | 35.7 (N=5) | 64.3 (N=9) | 0.0 | 0.0 |
| Presence of Hills | GNN Resident | 100.0 (N=28) | 0.0 | 0.0 | 0.0 |
| | CL older adult | 25 (N=7) | 75.0 (N=21) | 0.0 | 0.0 |
| | CL Family | 35.7 (N=5) | 64.3 (N=9) | 0.0 | 0.0 |
| Presence of Street Lights | GNN Resident | 100.0 (N=28) | 0.0 | 0.0 | 0.0 |
| | CL older adult | 100.0 (N=30) | 0.0 | 0.0 | 0.0 |
| | CL Family | 100.0 (N=15) | 0.0 | 0.0 | 0.0 |
| Presence of Enjoyable Scenery | GNN Resident | 7.1 (N=2) | 92.9 (N=26) | 0.0 | 0.0 |
| | CL older adult | 52.0 (N=13) | 48.0 (N=12) | 0.0 | 0.0 |
| | CL Family | 57.1 (N=8) | 42.1 (N=6) | 0.0 | 0.0 |
| Frequently See People Walking or Exercising | GNN Resident | 100.0 (N=28) | 0.0 | 0.0 | 0.0 |
| | CL older adult | 96.6 (N=28) | 3.4 (N=1) | 0.0 | 0.0 |
| | CL Family | 93.3 (N=14) | 6.7 (N=1) | 0.0 | 0.0 |
| Presence of High Crime | GNN Resident | 3.7 (N=1) | 92.6 (N=25) | 0.0 | 3.6 (N=1) |
| | CL older adult | 0.0 | 95.8 (N=23) | 0.0 | 4.2 (N=1) |
| | CL Family | 0.0 | 100.0 (N=14) | 0.0 | 0.0 |
| Public Transportation w/in Walking Distance | GNN Resident | 100.0 (N=27) | 0.0 | 0.0 | 0.0 |
| | CL older adult | 93.3 (N=28) | 6.7 (N=2) | 0.0 | 0.0 |
| Night Lighting at Transport. Stop | GNN Resident | 100.0 (N=28) | 0.0 | 0.0 | 0.0 |
| | CL older adult | 90.0 (N=27) | 3.3 (N=1) | 6.7 (N=2) | 0.0 |
| Benches at Public Transportation Stop | GNN Resident | 100.0 (N=28) | 0.0 | 0.0 | 0.0 |
| | CL older adult | 70.0 (N=21) | 23.3 (N=7) | 6.7 (N=2) | 0.0 |
| Weather Shelter at the Public Transportation Stop | GNN Resident | 100.0 (N=28) | 0.0 | 0.0 | 0.0 |
| | CL older adult | 23.3 (N=7) | 70.0 (N=21) | 6.7 (N=2) | 0.0 |

TABLE 13: Presence of environmental features around residence that facilitate outdoor activities

Over 50 percent of GNN residents state that they have heavy traffic on the streets near their complex and there are also hills nearby. On the other hand, a majority of the CL older adults and their family members note that they have less traffic on the streets they live on and that their houses are not near hilly areas. Often, a pleasant view on the street may also encourage people to use it more. Most of the GNN residents do not find the scenery around their complex enjoyable. Approximately half of the CL residents live in areas that have a pleasant street view and the other half do not. The data in this section indicate that both GNN and CL residents live in neighborhoods that are conducive to walking. GNN residents live near a busy street that may be a deterrent for some of the residents; however, the area has services (e.g. ethno-specific restaurants, convenience stores, etc.) within walking distance and staff members of GNN note that residents tend to walk to these places.

The presence of well-lit and weather protected public transportation stops near a residence encourages people to use public transportation for travel. Both GNN and CL residents mention that they have accessible public transportation by their residences (many of the CL residents note that, though they have public transportation stops nearby, these are mostly not weather protected). More GNN residents than CL residents use public transportation (Figure 32 and Table 16). One of the reasons for this may be the sheltered bus stop. However, it may also be that GNN residents cannot depend on their family members all the time for transportation and thus have to use the bus more often. In the community, the older adults who live with their adult children may be able to rely on other family members for transportation. However, CL older adults living by themselves may or may not have that opportunity.

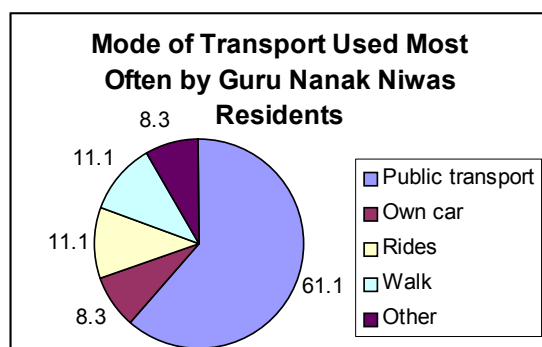


FIGURE 32: Mode of transportation most used by GNN residents

Evaluation of neighbourhood services

Guru Nanak Niwas residents were asked some questions that related to availability of neighbourhood services and staff input about these services (Table 14).

| Services | Yes | No |
|--|--------------|---------------|
| Services (social programs, doctor's office, etc.) easy to get to | 75.0% (N=21) | 25.0% (N=7) |
| Services easy to get when cold and rainy | 39.3% (N=11) | 60.7% (N=17) |
| Requests for services responded to quickly | 42.9% (N=12) | 57.1 % (N=16) |
| Services available in your language | 92.9% (N=26) | 7.1 % (N=2) |
| Information on services given by service provider | 88.9% (N=24) | 10.7% (N=3) |
| Information easy to understand | 71.4% (N=20) | 28.6% (N=8) |
| Assistance from staff/volunteers available | 35.7% (N=10) | 64.3% (N=18) |

TABLE 14: Access to Services Outside the Guru Nanak Niwas Housing Complex

Most of the GNN residents think that there are adequate services available close to GNN and that these are available in their own language. The staff at GNN provide them with information on these services in easily understandable format (though over 50 percent said that staff did not always respond quickly to queries). However, a majority state that these services are usually not easily accessible by foot on cold rainy days, and they do not often get direct assistance from staff and volunteers.

Guru Nanak Niwas residents, community-living older adults and their family members were asked about the presence of neighbourhood facilities and services near their housing. They were also asked whether the older adults use them and walk to them (Table 15). In Table 15, the 'have it' category lists respondents who have noted that the service/centre is present in their neighbourhood, but they do not necessarily use it. The next category indicates that that service or centre is available and respondents use it; however, they do not or are not able to walk to it. Data in the third category demonstrates that respondents have the service and use it and that older adults are able to walk to these services/centres. The last category lists responses on service/centres not being present in the neighbourhood.

| | | Have It | Have It & Use It | Have it, Use it, & Walk to It (seniors) | Don't Have |
|-----------------------------------|----------------|-------------|------------------|---|-------------|
| Bus Stop | GNN resident | 28.6 (N=8) | 3.6 (N=1) | 67.9 (N=19) | 0.0 |
| | CL older adult | 43.3 (N=13) | 10.0 (N=3) | 36.7 (N=11) | 10.0 (N=3) |
| | CL family | 40.0 (N=6) | 26.7 (N=4) | 26.7 (N=4) | 6.7 (N=1) |
| Community Centre | GNN resident | 75.0 (N=21) | 3.6 (N=1) | 7.1 (N=2) | 14.3 (N=4) |
| | CL older adult | 23.3 (N=7) | 6.7 (N=2) | 16.7 (N=5) | 53.3 (N=16) |
| | CL family | 20.0 (N=3) | 20.0 (N=3) | 13.3 (N=2) | 46.7 (N=7) |
| Community Centre for South Asians | GNN resident | 60.7 (N=17) | 17.9 (N=5) | 17.9 (N=5) | 3.6 (N=1) |
| | CL older adult | 13.3 (N=4) | 10.0 (N=3) | 6.7 (N=2) | 70.0 (N=21) |
| | CL family | 6.7 (N=1) | 6.7 (N=1) | 6.7 (N=1) | 80.0 (N=12) |
| Beauty Parlor/Barber Shop | GNN resident | 57.1 (N=16) | 17.9 (N=5) | 7.1 (N=2) | 17.9 (N=5) |
| | CL older adult | 16.7 (N=5) | 3.3 (N=1) | 6.7 (N=2) | 73.3 (N=22) |
| | CL family | 6.7 (N=1) | 33.3 (N=5) | 6.7 (N=1) | 53.3 (N=8) |
| Grocery Store | GNN resident | 10.7 (N=3) | 32.1 (N=9) | 57.1 (N=16) | 0.0 |
| | CL older adult | 30.0 (N=9) | 6.7 (N=2) | 40.0 (N=12) | 23.3 (N=7) |
| | CL family | 0.0 | 33.3 (N=5) | 46.7 (N=7) | 20.0 (N=3) |
| Ethnic/South Asian Grocery Store | GNN resident | 7.1 (N=2) | 39.3 (N=11) | 53.6 (N=15) | 0.0 |
| | CL older adult | 16.7 (N=5) | 6.7 (N=2) | 20.0 (N=6) | 56.7 (N=17) |
| | CL family | 6.7 (N=1) | 26.7 (N=4) | 6.7 (N=1) | 60.0 (N=9) |
| Shopping Mall | GNN resident | 14.3 (N=4) | 28.6 (N=8) | 57.1 (N=16) | 0.0 |
| | CL older adult | 23.3 (N=7) | 10.0 (N=3) | 40.0 (N=12) | 26.7 (N=8) |
| | CL family | 33.3 (N=5) | 0.0 | 40.0 (N=6) | 26.7 (N=4) |
| Convenience Store | GNN resident | 14.3 (N=4) | 28.6 (N=8) | 57.1 (N=16) | 0.0 |
| | CL older adult | 26.7 (N=8) | 3.3 (N=1) | 33.3 (N=10) | 36.7 (N=11) |
| | CL family | 13.3 (N=2) | 26.7 (N=4) | 33.3 (N=5) | 26.7 (N=4) |
| Drug Store/Pharmacy | GNN resident | 14.3 (N=4) | 25.0 (N=7) | 60.7 (N=17) | 0.0 |
| | CL older adult | 13.3 (N=4) | 3.3 (N=1) | 16.7 (N=5) | 66.7 (N=20) |
| | CL family | 6.7 (N=1) | 13.3 (N=2) | 13.3 (N=2) | 66.7 (N=10) |
| Park | GNN resident | 42.9 (N=12) | 14.3 (N=4) | 28.6 (N=8) | 14.3 (N=4) |
| | CL older adult | 43.3 (N=13) | 0.0 | 46.7 (N=14) | 10.0 (N=3) |
| | CL family | 26.7 (N=4) | 26.7 (N=4) | 33.3 (N=5) | 13.3 (N=2) |
| Gym | GNN resident | 64.3 (N=18) | 3.6 (N=1) | 0.0 | 32.1 (N=9) |
| | CL older adult | 3.3 (N=1) | 0.0 | 6.7 (N=2) | 90.0 (N=27) |
| | CL family | 6.7 (N=1) | 26.7 (N=4) | 13.3 (N=2) | 53.3 (N=8) |
| Doctor's Office | GNN resident | 21.4 (N=6) | 46.4 (N=13) | 32.1 (N=9) | 0.0 |
| | CL older adult | 16.7 (N=5) | 10.0 (N=3) | 10.0 (N=3) | 63.3 (N=19) |
| | CL family | 13.3 (N=2) | 13.3 (N=2) | 20.0 (N=3) | 53.3 (N=8) |
| Religious Institutions | GNN resident | 32.1 (N=9) | 21.4 (N=6) | 42.9 (N=12) | 3.6 (N=1) |
| | CL older adult | 23.3 (N=7) | 6.7 (N=2) | 36.7 (N=11) | 33.3 (N=10) |
| | CL family | 13.3 (N=2) | 40.0 (N=6) | 26.7 (N=4) | 20.0 (N=3) |
| Library | GNN resident | 53.6 (N=15) | 3.6 (N=1) | 21.4 (N=6) | 21.4 (N=6) |
| | CL older adult | 13.3 (N=4) | 3.3 (N=1) | 10.0 (N=3) | 73.3 (N=22) |
| | CL family | 20.0 (N=3) | 20.0 (N=3) | 20.0 (N=3) | 40.0 (N=6) |

TABLE 15: Facilities and services in the neighbourhood

The service most used by GNN residents (that they are able to walk to) is public transportation (68 percent). This is followed by a drugstore/pharmacy, convenience store, grocery store and shopping mall. Over 50 percent also note there are ethnic groceries nearby that they use and walk to. An additional 40 percent use ethnic groceries, but do not walk to them. Approximately 40 percent of residents note that they walk to religious facilities, with an additional 21 percent using these facilities, but not walking to them. A little less than one-third of the residents who use neighbourhood doctor's offices and parks walk to them. An additional 50 percent use doctor's offices in the neighbourhood, but do not walk to them. Approximately 57 percent of residents say that there are beauty parlours or barber shops nearby and approximately 25 percent use these services. Although over 50 percent of GNN residents state that there are nearby libraries, only one-fifth of the residents walk to these (only one person uses the library but does not walk to it). Only two GNN residents use community centres in the neighborhood, although 75 percent say that there is one nearby. Similarly, only one person uses a neighbourhood gym, though 64 percent say there was one nearby. Approximately 60 percent state that there are South Asian community centres in the neighbourhood and about 35 percent use these centres. The data on services near Guru Nanak Niwas demonstrate that the housing complex is near to different neighbourhood services, and that residents are mostly aware of these services, use most of them and often walk to many of them.

The most used service by community living older adults is the park (that they walk to) followed by the shopping mall, convenience store and grocery store. These are followed by religious institutions and public transportation. An interesting difference between GNN residents and community-living residents is the lack of services (or the community-living older adults' perception of lack of services) in the neighbourhood. Ninety percent of CL older adults state that there are no gyms in their community; over 70 percent state that there are no libraries or beauty parlours/barber shops nearby either. Over 60 percent state that there are no doctor's office or drugstores within walkable distance. Over 50 percent state that there are no community centres or ethnic grocery stores in their immediate neighbourhoods. Though the percentages are lower, the family members' responses are consistent with those of the older adults living in the community. This difference indicates that either the older adults are living

in communities that do not have many accessible services or they do not have access to information about services in the community.

The family members of Guru Nanak Niwas residents were not asked about the presence of individual services near GNN as they do not live with their older adult relatives on a regular basis. However they were asked about their overall assessment of neighbourhood services available to their family members. All family members of Guru Nanak Niwas residents feel that there are relevant services available near the complex for their family members. Most feel that the services are available in their language (N=13, 86.7%), that service providers give adequate information regarding the services (N=13, 92.9%), and that the information is easy to understand (N=13, 92.9). They also feel that the staff and volunteers provide assistance related to the services.

Data from the housing and neighbourhood checklist for CL older adults

A majority of community-living older adults (96.6%, N=28) live in suburban areas in single-family housing (N=26, 86.7). Sidewalks (N=30, 100.0%) and street lights (N=28, 96.6%) are present in the majority of neighbourhoods surveyed (Table 16). For the most part, heavy traffic (N=23, 76.7%) and hills (N=23, 76.7) are not present in these neighbourhoods. These neighborhoods are average in their visual appearance (Figure 33).

| Neighbourhood Characteristics | Yes | No |
|--------------------------------------|---------------|--------------|
| Sidewalks | 30.0 (100.0%) | 0.0 |
| Heavy traffic | 6.0 (20.0%) | 24.0 (80.0%) |
| Hills | 7.0 (23.3%) | 23.0 (76.7%) |
| Street lights | 28.0 (96.6%) | 1.0 (3.3%) |

TABLE 16: Characteristics of the CL older adults' neighbourhoods from physical inventory checklist

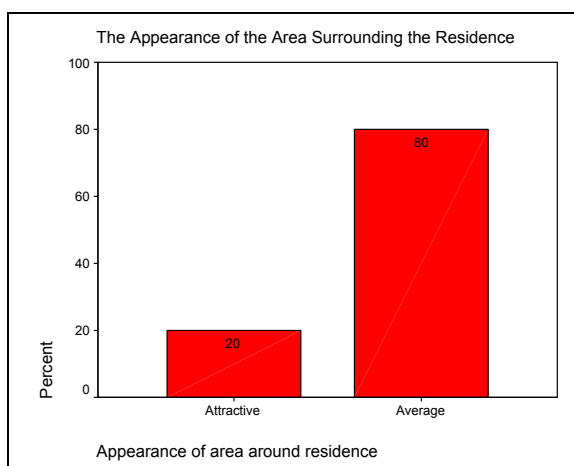


FIGURE 33: Appearance of the CL older adult's neighborhood as observed by researcher

Various services are available for the participants within the communities surveyed. Bus stops (N=29, 96.7%), parks (N=25, 83.3%), grocery stores (N=19, 63.3%) and churches/temples/mosques (N=19, 63.3%) are the most available services. The least available services include a gym (N=5, 16.7%), a library (N=6, 20.0%) and a drug store/pharmacy (N=9, 30.0%). These observations are fairly consistent with the responses of participants (See Table 17). Various amenities where the native language of the respondents is understood are available within the communities. These include temples, community centres, doctor's offices, restaurants, South Asian grocery stores, general grocery stores and video stores. The neighbourhoods where respondents live are mainly average in appearance (N=24, 80.0%).

| Services Available | Observer's Response | Participant's Response |
|----------------------------|---------------------|------------------------|
| Bus Stop | 29.0 (96.7%) | 27.0 (90.0%) |
| Park | 25.0 (83.3%) | 27.0 (90.0%) |
| Community Center | 10.0 (33.3%) | 14.0 (46.7%) |
| Beauty Parlour/Barber Shop | 11.0 (36.7%) | 8.0 (26.7%) |
| General Grocery Store | 19.0 (63.3%) | 23.0 (76.7%) |
| Ethnic Grocery Store | 14.0 (46.7%) | 13.0 (43.3%) |
| Convenience Store | 16.0 (53.3%) | 19.0 (63.3%) |
| Shopping Mall | 17.0 (56.7%) | 22.0 (73.3%) |
| Doctor's Office | 10.0 (33.3%) | 11.0 (36.7%) |
| Drug Store/Pharmacy | 9.0 (30.0%) | 10.0 (33.3%) |
| Church/Temple/Mosque | 19.0 (63.3%) | 20.0 (66.7%) |
| Gym | 5.0 (16.7%) | 3.0 (10.0%) |
| Library | 6.0 (20.0%) | 8.0 (26.7%) |

TABLE 17: Services available in community-living older adult's neighbourhood

EVALUATION OF THE PHYSICAL ENVIRONMENT

Common areas of circulation, housing appearance, the outdoor environment and parking in Guru Nanak Niwas

Common areas and attractiveness of facility

All participants and their family members find it easy to enter and exit the front door of the building. They also all state that a waiting area is located in the front entrance. Respondents are satisfied with the appearance, location and size of the waiting area. All respondents also state that there is a central mail delivery system. They all feel it is easy to get mail, there is enough light to see who the letters are from, and there is a ledge nearby to set down parcels. The mailbox is conveniently located for all weather types (Table 18).

| Area | Yes | No |
|--|--------------|-------------|
| Easy to get in and out of front of building | 100.0 (N=28) | 0.0 |
| Waiting area inside front entrance | 100.0 (N=27) | 0.0 |
| Satisfied with appearance of waiting area | 100.0 (N=28) | 0.0 |
| Satisfied with the location of waiting area | 100.0 (N=28) | 0.0 |
| Satisfied with the size of the waiting area | 96.4 (N=27) | 3.6 (N=1) |
| Central delivery mail area | 100.0 (N=28) | 0.0 |
| Easy to get to mail | 100.0 (N=28) | 0.0 |
| Enough light to see who letter is from | 100.0 (N=28) | 0.0 |
| Ledge/table for setting down parcels | 100.0 (N=28) | 0.0 |
| Mailbox conveniently located for all weather | 100.0 (N=28) | 0.0 |
| Elevators in building | 100.0 (N=28) | 0.0 |
| Problems with elevators in building | 7.1 (N=2) | 92.9 (N=26) |
| Elevators easy to get on and off | 96.4 (N=27) | 3.6 (N=1) |
| Enough elevators | 100.0 (N=28) | 0.0 |
| Elevators come quickly enough | 100.0 (N=28) | 0.0 |
| Elevator buttons visible and easy to reach | 100.0 (N=28) | 0.0 |

TABLE 18: Evaluation of the common areas in Guru Nanak Niwas

Regarding the elevators, most have not had problems using them (N=26, 92.9%), and they find it easy to get on and off them (N=27, 96.4%). They all feel there are enough elevators, the elevators come quickly enough, and the elevator buttons are visible and easy to reach. Only one person uses stairs to get to his or her apartment. Of those that do use stairs within the complex, the majority do not have any problems (N=11, 57.9%).

The majority of respondents find the building design to be very attractive (N=23, 82.1%). All are very satisfied living in a housing project of this size. Several respondents feel the outdoor areas of their housing are very important to them (N=14, 50.0%), and they are very satisfied with the grounds (N=26, 92.9%). All respondents find it easy to find their way around the residence (N=28, 100.0%). Most are also very satisfied with the hallway and walkway surfaces. All family members (N=15, 100.0%) agree that it is easy to find their way around the residence.

Parking

Of those that use the parking facilities, most are very satisfied (N=6, 21.4%) (Figure 34). Participants are mainly somewhat satisfied (N=9, 32.1%) or very satisfied (N=8, 28.6%) with the parking facilities for visitors. A few family members are somewhat satisfied (N=7, 46.7%) while some are not at all satisfied (N=6, 40.0%) with the parking facilities for visitors (Figure 35).

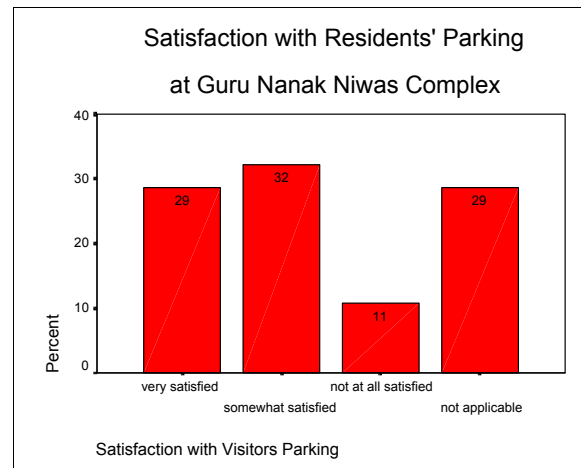
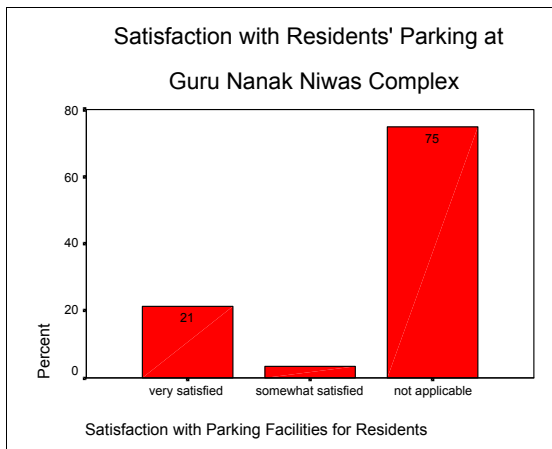


FIGURE 34: Satisfaction with parking in GNN FIGURE 35: Satisfaction with visitor Parking in GNN

EVALUATION OF THE INTERIOR ENVIRONMENTS

Housing Units/Apartments at Guru Nanak Niwas

The majority of units surveyed at Guru Nanak Niwas are one-bedroom units (N=26, 96.3%). Only two participants live in two-bedroom units. Following are data on individual rooms/spaces of the residents' units. Data from both the survey and physical inventory are presented in this section.

Kitchens in GNN residents' units

Physical inventory data demonstrate that the average width of the kitchen is 9.86 ft. and the average length is 10.86 ft. The kitchen dimensions are sufficient to allow for full use of the appliances in all cases. All the kitchens have an L-shaped layout, though only 1 (3.6%) kitchen has a work area that can be used while seated. Each unit has a place in the kitchen for the resident to sit and eat.

All respondents at Guru Nanak Niwas find the kitchen easy to use (N=28, 100.0%), and most like it very much (N=24, 92.3%). They also find the kitchen to be very safe (N=23, 100.0%). In addition to preparing food and eating in the kitchen, some respondents use the kitchen to entertain guests (N=12, 42.9%). All respondents find that they have enough counter space to meet their needs (N=27, 100.0%), and they prepare their food standing up (N=26, 100.0%). If a work area existed in the kitchen, most respondents state they would not prepare food while seated (N=16, 94.1%). Most respondents usually eat at the dining table (N=13, 54.2%) or in the living room (N=6, 25.0%).

Observation data show that none of the units have a light over the kitchen sink (Table 19). Two (7.1%) of the participants have knee space under the kitchen sink, with a width of 36 inches. The underside of the sink and plumbing is enclosed in the majority of the units (N=27, 96.4%), and the pipes under the sink have insulation in most cases (N=19, 73.1%). All the faucets on the kitchen sinks are lever-type, with hot and cold separate. Regarding the kitchen sink, survey respondents find they have enough light (N=22, 81.5%) and enough space (N=16, 100.0%). They also find the faucets easy to use (N=16, 100.0%).

| Features of Kitchen Sink | Yes | No |
|--|---------------|--------------|
| Light over the sink | 28.0 (100.0%) | 0.0 |
| Knee space under the sink | 2.0 (7.1%) | 26.0 (92.9%) |
| Underside of the sink and plumbing enclosed | 27.0 (96.4%) | 1.0 (3.6%) |
| Pipes under sink have insulation or protection | 19.0 (73.1%) | 7.0 (26.95) |

TABLE 19: Features of the kitchen sink in residents' units in GNN

Physical inventory of the residents' units shows that the majority of kitchens have a full height pantry cupboard (N=27, 96.4%), and the door on all pantry cupboards is bi-fold. The height above the floor of all the top shelves in the cupboards over the counter is 74 inches. The shelves are adjustable in all but one of the kitchens (N=27, 96.4%), where the shelves are fixed. The height of the lowest shelf from the floor is 6 inches in all units. The shelves in the cupboards under the counter are mainly fixed (N=27, 96.4%). One unit had pull-out shelves. All the kitchen cupboards have pull handles (N=28, 100.0%).

Data from the resident survey show that most respondents do not have problems using the cupboards in the kitchen (N=21, 75.0%). They find the cupboards easy to open (N=28, 100.0%) and easy to reach (N=27, 100.0%). A majority of older adults in Guru Nanak Niwas state that they use the cupboards above the stove (N=23, 85.2%) to store infrequently used items (N=22, 84.6%). They do not find these cupboards easy to reach (N=14, 51.9%), and most use a step to reach them (N=19, 73.1%). The majority of respondents also use the cupboards over the fridge (N=18, 66.7%) to store infrequently used items (N=25, 100.0%). Again, these cupboards are difficult to reach (N=19, 73.1%) and respondents use a step to reach them (N=21, 84.0%). All respondents use the cupboards over the counter (N=27, 100.0%) to store frequently used items (N=26, 100.0%). The majority have no problem reaching these cupboards (N=26, 96.3%), and they stand comfortably to reach into them (N=22, 91.7%). Most respondents use the cupboards under the counter (N=25, 96.2%) to store non-perishable food items (N=14, 56.0%) or frequently used items (N=11, 44.0%). No one has problems reaching into these cupboards (N=26, 100.0%), and most stand comfortably to reach into them (N=22, 95.7%).

Physical inventory data demonstrate that all units in Guru Nanak Niwas have electric stoves, and the controls are situated at the back of the stove in all but one case (N=27, 96.4%), where the controls are at the front. The refrigerator in all kitchens is a standard upright unit.

In terms of the stove, survey results show that most older adults in Guru Nanak Niwas prefer an electric stove (N=25, 89.3%) and feel the stove controls are in an adequate position (N=28, 100.0%) and easy to see (N=26, 100.0%). The majority of respondents do not have a problem using the stove (N=25, 92.6%) or the fridge (N=25, 92.6%), which was thought to be an adequate size (N=25, 92.6%).

Living and dining spaces in GNN residents' units

Observation data demonstrate that the average length of the living/dining area is 14.31 ft., while the average width is 11.12 ft. The living/dining area is open to or combined with the kitchen area in all units. Only 2 (8.0%) participants have a screen between the two areas. All GNN residents have a couch in their living/dining areas. Other furniture in this room includes a dining table (N=23, 82.1%), a coffee table (N=22, 78.6%), a television (N=22, 78.6%) and end tables (N=16, 57.1%) (Table 20).

| Furniture | Frequency |
|--------------------|------------------|
| Couch | 28.0 (100.0%) |
| Loveseat | 13.0 (46.4%) |
| Chair | 24.0 (85.7%) |
| Coffee Table | 22.0 (78.6%) |
| End Tables | 16.0 (57.1%) |
| Television | 22.0 (78.6%) |
| Dining Table | 23.0 (82.1%) |
| Entertainment Unit | 6.0 (21.4%) |
| Bed | 4.0 (14.3%) |
| Other | 7.0 (25.0%) |

TABLE 20: Inventory of furniture in resident's living and dining area in GNN

Survey results show that most participants like the living and dining area very much (N=25, 89.3%), as well as the bedrooms (N=24, 85.7%) and bathrooms (N=26, 92.9%). The majority of respondents think that a separation between the kitchen and living areas is not necessary

(N=22, 81.5%). They also feel that the layout of the living and dining area give them a few options to arrange their furniture (N=17, 60.7%).

Bedroom(s) in GNN residents' units

Observation data show that all the units surveyed contained at least one separate bedroom (two units surveyed were two-bedroom). The average width of the bedroom is 9.56 ft while the average length is 11.78 ft. All bedroom doors are 36 inches in width. Most respondents have a double-bed in their bedrooms (N=23, 82.1%), as well as a night table (N=9, 32.1%) and a dresser (N=8, 28.6%) (Table 21). Half of the participants (N=14, 50.0%) have a window view from their beds and half do not have a view (N=14, 50.0%).

| Furniture | Frequency |
|------------------|------------------|
| Single bed | 5.0 (17.9%) |
| Double bed | 23.0 (82.1%) |
| Dresser | 8.0 (28.6%) |
| Night table | 9.0 (32.1%) |
| Wardrobe/closet | 4.0 (14.3%) |
| Trunk/Chest | 1.0 (3.6%) |
| Desk | 3.0 (10.7%) |
| Other | 4.0 (14.3%) |

TABLE 21: Inventory of furniture in resident's bedroom in GNN

Survey results demonstrate that respondents spend an average of 8.2 hours in their bedrooms and have no problems using the area (N=25, 92.6%). The majority of respondents find the layout of the bedroom gives them few options to arrange their furniture (N=16, 61.5%). Two respondents (7.4%) have difficulties using the bedroom area.

Bathrooms in GNN residents' units

The route from the bedroom to the bathroom is not direct; however it is not obstructed in most of the units. All bathroom doors are 36 inches wide and all open outward. The average width of the bathroom is 9.46 ft while the average length is 7.84 ft. All bathrooms are equipped with a bathtub with an adaptor for a telephone shower. These bathrooms also have grab bars that were installed after the construction. Survey results show that none of the respondents

have problems using the bathroom (N=26, 100.0%). Most also rate the bathroom as being very safe (N=26, 92.9%).

The toilets are all 15 inches in height. All the bathrooms have transfer space to and from the toilets for wheelchair users (Table 22). Most of the door locks are operable from outside. The wash basins are mounted at an average height of 32.04 inches. All the faucets in the wash basin are lever-type with hot and cold separate. All but one of the faucets in the bathtub/shower are lever-type with hot and cold combined (N=27, 96.4%). The other faucet used in the bathtub/shower is lever-type with hot and cold separate (N=1, 3.6%). Survey results show that only one respondent have problems using the bathroom or shower (N=16, 94.1%) and three respondents have problems getting on and off the toilet (N=3, 11.1%). All respondents find the wash basin to be located at a comfortable height (N=27, 100.0%), and most find the toilet (N=26, 92.9%) and toilet paper holder (N=26, 96.3%) to be at a comfortable height. All respondents find the grab bars helpful and their configuration appropriate. The faucets in the wash basin and those in the bathtub are also found easy to use by all respondents.

| Bathroom Features | Yes | No |
|---|---------------|--------------|
| Lock on door operable from the outside | 26.0 (92.9%) | 2.0 (7.1%) |
| Bathtub/shower has a non-slip bottom | 28.0 (100.0%) | 0.0 |
| Vertical grab bar near the bathtub faucets | 28.0 (100.0%) | 0.0 |
| Grab bar mounted on bathtub/shower wall | 28.0 (100.0%) | 0.0 |
| Angled grab bar on wall by toilet | 28.0 (100.0%) | 0.0 |
| Other grab bars | 27.0 (100.0%) | 0.0 |
| Toilet paper holder mounted next to toilet | 28.0 (100.0%) | 0.0 |
| Heat lamp in ceiling | 23.0 (82.1%) | 5.0 (17.9%) |
| Medicine cabinet in bathroom | 1.0 (3.6%) | 27.0 (96.4%) |
| Medicine cabinet recessed into wall | 1.0 (100.0%) | 0.0 |
| Medicine cabinet have sliding doors | 0.0 | 1.0 (100.0%) |
| Adequate space by toilet to transfer person from wheelchair | 28.0 (100.0%) | 0.0 |

TABLE 22: Observed bathroom features in GNN residents' units

Balconies in GNN residents' units

Physical inventory data show that twenty-four (85.7%) of the units surveyed have a balcony. All the balconies are located off the living room. Most balconies are large enough for people to sit in (Figure 36). In the majority of cases, the balcony is big enough for a table and chairs (N=20, 83.3%). The other balconies are only wide enough to sit on (N=4, 16.7%). The average width of the balconies is 6.24 ft., while the average length is 12.13 ft. There are no barriers to accessing the balcony.

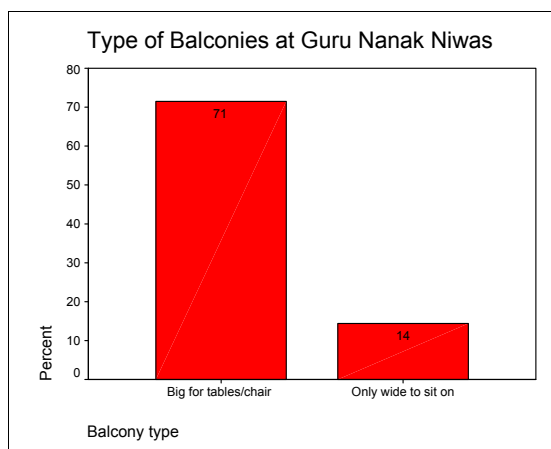


FIGURE 36: Types of balcony in GNN resident's units

Most respondents in the survey state that they have a private balcony (N=24, 85.7%), though around half of them use it only occasionally (N=13, 46.4%) (Figure 37).

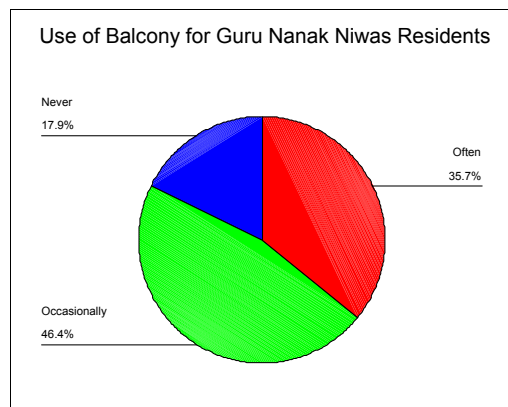


FIGURE 37: Use of balcony in GNN

They do like their balcony and patio area very much (N=22, 81.5%) and do not have any problems using the area (N=26, 92.9%). The height of the balcony threshold does not cause a problem for any of the respondents (N=28, 100.0%).

Storage spaces in GNN residents' units

The majority of participants feel they have enough storage space (N=25, 89.3%). They feel they have extra storage room in addition to the closets and cupboards (N=23, 92.0%), although only one respondent state there is storage outside the unit. The storage area is convenient for respondents to use (N=4, 80.0%).

Lighting, electrical connections and laundry in GNN housing

Most respondents find the lighting in their units (N=23, 82.1%) and the ventilation (N=22, 78.6%) to be very satisfactory. The lighting in areas outside the unit, in the hallways, in the building entrance at night, outside the grounds at night, and in the parking areas at night are all rated as being good. Observation data demonstrate that all the units surveyed have individual heating controls and smoke detection devices (N=28, 100.0%). None of the units have air conditioning. The majority of units have an intercom connecting to the front door (N=26, 96.3%). Only one unit does not have an intercom. None of the units have emergency call buttons. In the survey, The Guru Nanak Niwas residents rate the ventilation in their units as being good (N=22, 78.6%), and the majority stated that their homes are never too humid (N=21, 75.0%) or too dry (N=28, 100.0%). Most respondents also state that they do not have any problems using the laundry facility in the complex (N=23, 88.5%).

Observation data show that the electrical outlets in the unit are located at a height of 14 inches from the ground in all rooms except for the kitchen or bathroom. Respondents think there are enough electrical outlets to meet their needs (N=27, 96.4%) and find they are within reach (N=27, 100.0%). Cable outlets are also rated as adequate (N=24, 100.0%) and, respondents spend an average of 3.6 hours per day watching television. Besides the smoke alarm, respondents state they do not have an alarm system in their unit (N=23, 88.5%).

Openings – Doors and Windows in GNN residents' units

Respondents like the windows on their units very much (N=23, 82.1%) and find them easy to open and close (N=24, 85.7%). Views from the windows are also favourable (N=19, 82.6%). Regarding the doors, only one respondent (3.6%) has problems using them, and most find them wide enough (N=22, 95.7%).

Overall evaluation of GNN residents' units

The majority of the respondents note that, for the most part, they like their units very much (N=25, 96.2%). Most of the family members also like their older adult relatives' units (N=10, 66.7%). Most participants find their units to be just the right size (N=24, 85.7%), though a few do find them too small (N=4, 14.3), especially the bedroom (N=4, 66.7%), dining area (N=1, 16.7%) and kitchen (N=1, 16.7%).

For the most part, respondents have not experienced any accidents or falls in their homes (N=23, 95.8%). Overall, the residents are satisfied with their units and only one respondent state that he/she would prefer to move to a different unit. None of the respondents have made any changes to their units. Family members, too, like the units very much (N=10, 66.7%) and only one respondent finds it too small. They find the units to be very safe (N=14, 93.3%), and are very satisfied with the privacy in their relative's unit (N=12, 80.0%).

However, survey data demonstrate that residents are not satisfied with the visual privacy of the unit (N=27, 100.0%) or with the quality of soundproofing (N=25, 96.2%). Family members, on the other hand, are very satisfied with the visual privacy of their relatives' units (N=12, 80.0%). They also find their relatives' units to be very safe (N=14, 93.3%).

Evaluation of physical environment of the home by community living older adults

For the most part, the specific features of the home in the community-living older adults' residence were not problematic. Both older adults (N=25, 83.3%) and their family members consider their house to be the right size (N=12, 80.0%). Windows (N=30, 100.0%), doors (N=30, 100.0%), closets (N=30, 100.0%) and cupboards (N=30, 100.0%) are all found easy to use. In terms of the mobility and movement of the older adult, family members find their homes to be very safe (N=8, 57.1%) or adequate (N=6, 42.9%) and also feel the house has adequate physical accessibility (N=9, 60.0%).

Stairs, hallways and main entrances in CL older adults' residences

Physical inventory data demonstrate that the hallways in homes of community-living older adults vary in width from 36 inches to 54 inches. Only one hallway is deemed to be crowded or obstructed (Table 23). Ten (40.0%) of the hallways are equipped with handrails, 23 (92.0%) are equipped with smoke detectors, and all are adequately lit.

| Features Of Hallways | Yes | No |
|-------------------------------|---------------|--------------|
| Crowded or Obstructed | 1.0 (4.0%) | 24.0 (80.0%) |
| Equipped with Handrails | 10.0 (40.0%) | 15.0 (60.0%) |
| Equipped with Smoke Detectors | 23.0 (92.0%) | 2.0 (8.0%) |
| Adequately Lit | 26.0 (100.0%) | 0.0 |

TABLE 23: Observations on hallways of CL older adults' residences.

The main entrance to the house is barrier free and well lit at night in all cases (Table 24). It is also sheltered from the sun and rain in the majority of homes (N=27, 90.0%). The average width of the entrance door is 31.6 inches.

| Features of Entrance | Yes | No |
|-----------------------------|---------------|-------------|
| Sheltered from sun and rain | 27.0 (90.0%) | 3.0 (10.0%) |
| Well lit at night | 29.0 (100.0%) | 0.0 |
| Barrier Free | 28.0 (100.0%) | 0.0 |

TABLE 24: Observations on exterior entrances of CL older adults' residences

Observation data also demonstrate that the stairs appear to be safe in all but one of the community-living older adults' residences (Table 25). All stairs are well lit and just under

half of them (N=12, 48.0%) have non-skid surfaces. The majority of stairs have handrails (N=20, 80.0%) and these handrails contrast with the wall colours in most homes (N=19, 82.6%). Only one (4.5%) home has tactile warnings at changes in levels. The rise of the stairs is an average of 7.08 inches while the average run is 8.13 inches.

| Features of Stairs | Yes | No |
|---------------------------------------|---------------|--------------|
| Look Safe | 25.0 (96.2%) | 1.0 (3.8%) |
| Well Lighted | 25.0 (100.0%) | 0.0 |
| Non-skid surfaces on stairs and ramps | 12.0 (48.0%) | 13.0 (52.0%) |
| Appropriate handrails | 20.0 (80.0%) | 5.0 (20.0%) |
| Handrails contrast with wall colour | 19.0 (82.6%) | 4.0 (17.4%) |
| Tactile warnings at changes in level | 1.0 (4.5%) | 21.0 (95.5%) |

TABLE 25: Stairway features observed in community-living older adults' residences

Survey results demonstrate that while most of the older adults in the community do use stairs to get into their homes (N=23, 82.1%), a majority of them (N=20, 83.3%) do not have any difficulties using these stairs. Family members agree that most need to use stairs to get into their homes (N=10, 71.4%). Only one family member (7.7%) states that their relative has problems using the stairs.

Kitchens in CL older adults' residences

Physical inventory data shows that most kitchens are either L-shaped (N=10, 33.3%) or U-shaped (N=6, 20.0%) (Figure 38).

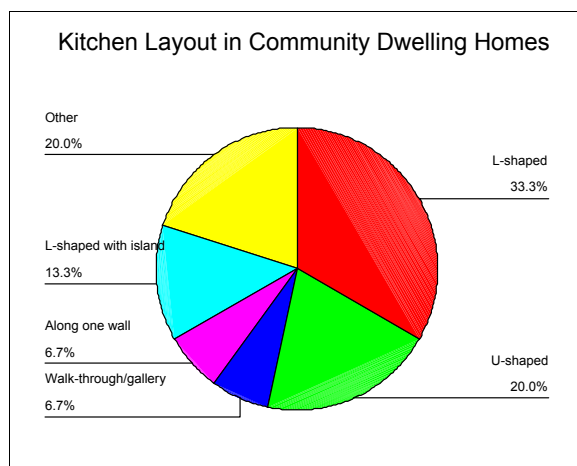


FIGURE 38: Kitchen layouts in community-living older adults' residences

Most kitchens have a work area that can be used while seated (N=21, 70.0%) and a place for residents to sit and eat (N=27, 93.1%). The kitchen sink has a light over it in most homes (N=26, 86.7%), as well as knee space under it (N=18, 60.0%). In all cases, the underside of the sink and the plumbing is enclosed and the pipes under the sink are insulated. The majority of the kitchen sinks have faucets that are lever-type with the hot and cold combined (N=19, 63.3%). One home uses a gas stove, while the remaining homes use electric stoves (N=29, 96.7%). The stove controls are situated at the front of the stove in 10 (33.3%) cases, at the back of the stove in 19 (63.3%) cases, and level with the elements in 1 (3.3%) case.

The doors on the cabinets are mainly swing doors (N=25, 86.2%) and all the kitchen cabinets are accessible to the participants. The cabinet shelves are fixed in all but one home (N=27, 96.4%). The average height of the lowest shelf of the cabinet from the floor is 49.9 inches. All shelves in the cupboards under the counter are fixed. The width of the kitchen doors ranges between 30 and 40 inches, with the average width being 33 inches.

In the survey, the kitchen (N=27, 90.0%) and the bathroom (N=28, 93.3%) are rated very safe and the kitchen is found easy to use (N=30, 100.0%) by the community-living older adults. All older adults (N=30, 100.0%) found the lighting to be very satisfactory. All residents use the kitchen to prepare food (N=30, 100.0%), usually 2-3 times per day (N=27, 93.1%).

Bedrooms of community-living older adults

Data from the physical inventory of residences show that all participants have their own separate bedroom. The average width of the bedroom is 11.45 ft and the average length is 13.64 ft. The average width of the bedroom door is 29.15 inches. Most participants have a double-bed (N=20, 69.0%), a dresser (N=19, 70.4%), a night table (N=19, 70.4%) and a wardrobe/chest (N=19, 70.4%) in their bedrooms. Slightly more than half of the participants have a window view from their beds (N=15, 51.7%).

Bathrooms of community-living older adults' residences

Physical inventory data demonstrate that in all but one home, the route from the bedroom to the bathroom is direct and unobstructed (N=28, 96.6%). The average width of the bathroom

door is 32.14 inches and most doors open inward (N=26, 89.7%). Most bathrooms are equipped with either a shower stall with a fixed head shower (N=13, 50.0%) or a bathtub with a fixed head shower (N=10, 33.3%). Most of the bathrooms have a grab bar on the bathtub/shower wall, but that is not the case for walls near toilets (Table 26).

| Bathroom Features | Yes | No |
|---|---------------|--------------|
| Lock on door operable from the outside | 6.0 (20.7%) | 23.0 (79.3%) |
| Bathtub/shower has a non-slip bottom | 10.0 (34.5%) | 19.0 (65.5%) |
| Vertical grab bar near the bathtub faucets | 5.0 (17.2%) | 24.0 (82.8%) |
| Grab bar mounted on bathtub/shower wall | 22.0 (78.6%) | 6.0 (21.4%) |
| Angled grab bar on wall by toilet | 5.0 (17.2%) | 24.0 (82.8%) |
| Other grab bars | 27.0 (100.0%) | 0.0 |
| Toilet paper holder mounted next to toilet | 25.0 (100.0%) | 0.0 |
| Heat lamp in ceiling | 3.0 (11.1%) | 24.0 (88.9%) |
| Medicine cabinet in bathroom | 7.0 (25.0%) | 21.0 (75.0%) |
| Medicine cabinet recessed into wall | 5.0 (71.4%) | 2.0 (28.6%) |
| Medicine cabinet have sliding doors | 5.0 (71.4%) | 2.0 (28.6%) |
| Adequate space by toilet to transfer person from wheelchair | 14.0 (63.6%) | 8.0 (36.4%) |

TABLE 26: Observed features of bathrooms in CL older adults' residences

The average width of the bathroom is 7.78 ft. and the average length is 8.81 ft. All toilets are 15 inches in height and the washbasins are mounted at an average height of 35.27 inches. The faucets in the washbasins are mainly lever-type with hot and cold combined (N=18, 62.1%), as are the faucets in the bathtub/shower (N=16, 61.5%).

Concluding Rating: CL Participant's Room

Observational data demonstrate that, overall, the participants' rooms had either a great deal of personalization (N=14, 48.3%) or some personalization (N=13, 44.8%) (Figure 39). For the most part, the participants' rooms offered much privacy (N=22, 75.9%), which is consistent with the responses provided by the CL respondents (Figure 40).

Survey results demonstrate that more older adults are satisfied with their privacy (N=27, 90.0%) than are their family members (N=10, 71.4%) (Figures 41 and 42). Additional

qualitative research is required to understand the need for privacy and perceptions of privacy in multi-generational living arrangements.

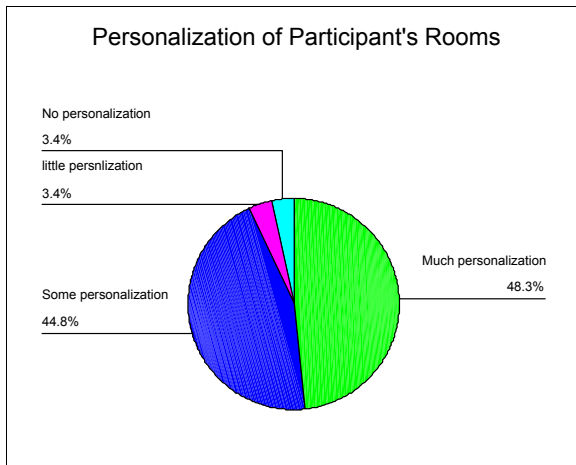


FIGURE 39: Personalization in CL older adults' bedrooms

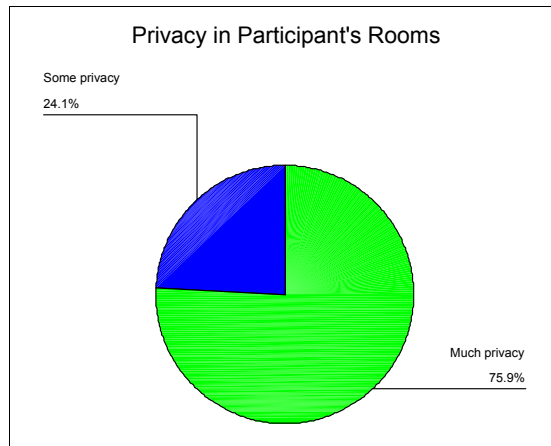


FIGURE 40: Privacy in CL older adults' bedrooms according to physical inventory data

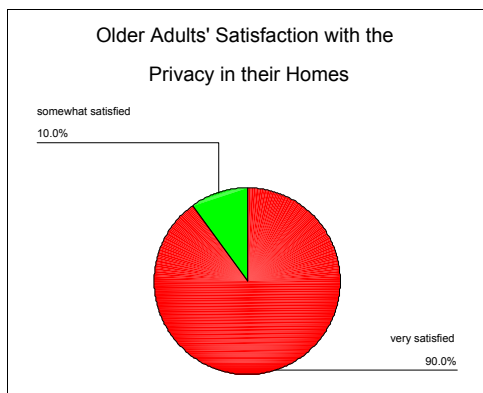


FIGURE 41: CL older adults' satisfaction with privacy in residences

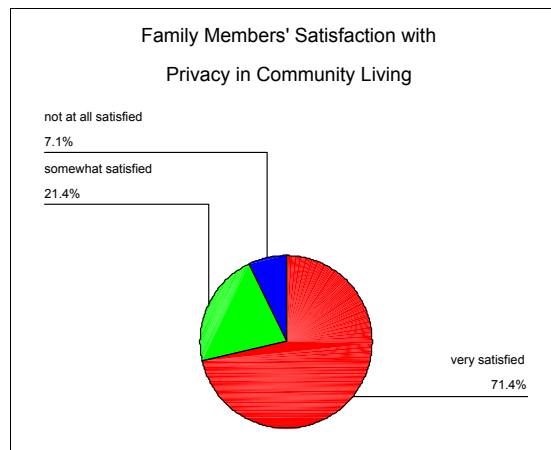


FIGURE 42: CL family members' satisfaction with privacy in residence

FOCUS GROUP INTERVIEWS

The service providers to the South Asian and older adult community discussed issues under three categories:

- Existing services, especially housing related services for South Asian seniors, South Asian immigrants and seniors, in general.
- Successes, gaps and barriers in service delivery to South Asian seniors and South Asians in general
- Strategies and actions to improve services and access to services for South Asian seniors.

Existing Services offered by Greater Vancouver service providers

Seniors' housing in the South Asian community is lacking. The only existing housing facility to service South Asians is the Guru Nanak Niwas complex, and this facility has extensive waiting lists. Other facilities, such as the Ross Street Temple, provide South Asians with a variety of services. These include help with income tax, old age pensions and counselling. However, housing is not available at the Ross Street Temple. SHIP is another service accessible to seniors, but South Asians at risk for homelessness tend not to use this service, perhaps due to language barriers. Language barriers may also hamper the use of the Newton Senior Centre by South Asians, though their minimal use of the centre may be more a result of their preference to use services available at the temple, a place where they feel more comfortable.

Gaps and barriers in service delivery faced by providers and future services needs

The most prominent problems in reaching immigrant seniors are language and cultural barriers. People may feel ashamed for needing the services and not seek help. They may also experience isolation in facilities where they cannot communicate with others. Furthermore, in the South Asian culture, women tend to be dominated by men. Thus, the needs of South Asian women are not being met. Strategies need to be developed to encourage women to use existing facilities and services. Transportation is another problem that can make it difficult

for seniors to access existing services. Their mobility will benefit by improving available modes of transportation. Finally, funding of social programs needs to increase. In the South Asian community, people are more likely to donate money towards religious and political causes. If awareness of the problems increased, people may be more willing to donate towards social causes. Policies and procedures within the various levels of government also need to be developed to increase awareness of the issues surrounding immigrant communities.

Increased low cost independent and assisted living, which are both language and culturally appropriate, are needed. Specifically, facilities that are geared towards the various cultures are required. This can be achieved by having a specific number of beds in each facility designated for each specific ethnicity. Eligibility for seniors' housing further impedes one's use of these facilities. While it only takes three years to become a Canadian citizen, one must live in Canada for a minimum of ten years before being eligible for long-term care facilities.

Immigrants should also be made aware of existing services. This can be achieved through outreach programs and through the media. Furthermore, to become accustomed to the Canadian way of life, immigrants should be taught about Canadian history and social policies, preferably in their own language.

Strategies and recommendations by service providers

Rather than focusing on creating new facilities, an emphasis should be placed on looking at services that are already being provided. If a critical mass exists, the issue of isolation can be addressed. For example, a certain number of beds can be designated for each culture and culture specific needs, such as food, can be addressed. Furthermore, when planning facilities, ethno-cultural community groups need to be involved, and changing demographics need to be taken into account. Private partnerships and collaboration between various organizations and agencies also need to be established. Businesses, communities, and government should come together to establish guidelines and become aware of the existing problems.

Currently, only older seniors need housing. In the next ten years, however, younger seniors, who came as independent immigrants, will also be in need of housing. Once this shift occurs, some barriers will be resolved.

CONCLUSION

This study was guided by two research questions:

- 1 What are the current and future housing, related support services and transportation needs of South Asian older adults in the GVRD that would foster independent living and *aging in place* for this distinct population?
- 2 What are the unique socio-cultural aspects of South Asian lifestyles and social networks that have implications for housing and community planning and design?

The key findings related to these two questions are summarized below.

All respondents feel that their housing allows them to maintain aspects of their culture regardless of their national identity, their food preferences, their maintenance of South Asian traditions and their ethnicity. This result demonstrates that the first purpose-built facility – Guru Nanak Niwas -- housing a majority of South Asian older adults fosters an important aspect of immigrant older adults' daily life. Though the physical design of the facility does not have any demonstrative South Asian characteristics, the informal support network and the South Asian staff members create an atmosphere that makes the residents feel comfortable to express or maintain their cultural identities. Many residents speak the same dialect, facilitating their social interaction. Within the facility, the residents are provided with the opportunity to attend workshops on various topics. However, both staff and residents have voiced the need for other support services within the housing complex; for example, periodic doctor's visits to the complex, regular availability of counselors speaking the dialect of the residents, and more support for formal personal care and home-health caregivers.

A large segment of those surveyed in GNN and in the community prefer easy access to public transportation and ethno-specific services. Most respondents in the community feel the need to stay close to their families and want to live in safe and secure neighbourhoods.

In terms of socio-cultural preferences, the older adults and family members agree that it is very important to have family and friends close by, and to have friends from the same cultural background. The majority of the respondents feel in close proximity to their ethnic community. Those who feel it is less important to know English and have Canadian friends, among other aspects, are more likely to feel that living close to family and friends is less important. The opposite is true for respondents who believe the aforementioned aspects are important. Respondents who are less likely to sustain South Asian traditions are also less likely to feel it is important to live near family and friends. The reverse is true for most respondents who maintain South Asian traditions regularly.

Social interaction and support are quite strong in Guru Nanak Niwas. Most respondents at Guru Nanak Niwas feel that they are very sociable and they interact with people within the housing complex on a regular basis. Most feel they know between one and four residents well enough to visit or invite over and, of those visiting, the majority are South Asian. Family members make the effort to visit their relatives at Guru Nanak Niwas. A majority of them visit Guru Nanak Niwas complex once a week. The older adults are likely to visit their family members at home once a month (N=4, 26.7%), 2-3 times per week (N=3, 20.0%), or once a week (N=3, 20.0%).

One important finding was that the majority of respondents feel that it is important to have South Asian-specific assisted living facilities. This is true regardless of how the respondents see themselves in terms of their national or ethnic identity. Older adults and family members point out the importance of the availability of South Asian meals and staff members speaking their language in assisted living facilities. These findings and literature (e.g., Hikoyeda & Wallace, 2001) highlight the need for facilities designed for older adults to provide ethno-specific supportive services (e.g., food, cultural and religious activities, staff speaking language similar to the older adult, etc.) where there is a high concentration of ethnic older adults.

In our focus group interviews, service providers emphasized that there will be a greater need for low cost ethno-specific independent and assisted living in the future. Specifically,

facilities that are geared towards the various cultures are required. One option might be to have a specific number of beds in each facility designated for each specific ethnicity. It was also indicated that current eligibility requirements for seniors' housing further impedes the use of these facilities. Current policy requires that one must live in Canada for a minimum of ten years before being eligible for long-term care facilities; however, only three years of residence is required to become a Canadian citizen. Therefore, there is a disconnect between citizenship and access to long-term care eligibility criteria. In addition to focusing on ethno-specific seniors' facilities, there is a need to focus on looking at services that are already being provided. If a critical mass exists, the issue of isolation can be addressed.

Service providers pointed out that the most prominent problems in reaching immigrant seniors in home support are language and cultural barriers. People may feel ashamed for needing the services and not seek help. Furthermore, people may experience isolation in facilities where they cannot communicate with others. Therefore, it is important to plan and develop training programs to raise the cultural competency of both home support workers and caregivers in existing care facilities.

Planners, architects and designers need to be more aware of the ethno-specific needs of immigrant older adults when planning and designing seniors' housing and facilities. The importance of locational proximity to ethno-specific services should be an important planning consideration. Easy access to public transportation is also critical in assisting independent adults in maintaining their instrumental activities of daily life and general social networking. Although specific design features in Guru Nanak Niwas or the housing units did not emerge as significant to the needs of immigrant older adults, the issue needs to be explored in future in-depth studies. Interviews with open-ended questions and observations of behavioural patterns in and usage of different spaces within the units and common areas may reveal environmental design aspects that would better address the cultural practices and beliefs of ethnic seniors.

Future housing policies addressing immigrant seniors could play a social advocacy role in creating relational bridges across diverse ethnic groups. It is possible that various ethnic

communities may have common needs that could generate a coalition for identifying the housing and service needs across various ethnic older adults' groups. A participatory policy and planning forum could help coordinate the services provided by different providers in order to develop a more integrated and efficient delivery of responsive services.

This research adds to the research on immigrant and ethnic housing in Canada by focusing on an under-researched housing area –South-Asian seniors' housing needs and satisfaction. Information regarding the housing needs of a demographically changing population, particularly the housing needs of older adults belonging to the second largest ethnic minority group in Canada, is useful to housing designers and developers, as well as to government and non-government housing and support service providers. At the community level, service providers can use this information to provide housing and related services that foster independent living and *aging in place* for this distinct group of older adults. Researchers in the area of ethnicity and aging will also find these findings useful in understanding the housing needs and barriers, living arrangements and formal and informal support networks of Canadian South Asian older adults.

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ATTACHMENTS

SURVEY INSTRUMENTS- COMMUNITY DWELLING OLDER ADULTS

**#1-DWELLING AND NEIGHBORHOOD CHECKLIST:
COMMUNITY DWELLING OLDER ADULTS**

**#2- FAMILY MEMBER SURVEY
FOR COMMUNITY LIVING OLDER ADULTS**

**#3- SOUTH ASIAN OLDER ADULT HOUSING SURVEY: COMMUNITY
HOUSING**

#4- INFORMED CONSENT FORM

#5- EXAMPLES OF DATA ANALYSIS

**#6- FOCUS GROUP QUESTIONS – SOUTH ASIAN SENIORS HOUSING
STUDY-COMMUNITY AGENCIES**

SURVEY INSTRUMENTS- RESIDENTS OF GURU NANAK NIWAS

**#7- RESIDENT'S FAMILY MEMBER SURVEY
GURU NANAK NIWAS SURVEY**

**#8- HOUSING COMPLEX AND NEIGHBORHOOD-ARCHITECTURAL AND
ENVIRONMENTAL CHECKLIST**

#9-PROJECT HISTORY AND MANAGEMENT SURVEY

**#10-RESIDENTS' UNIT -ARCHITECTURAL AND ENVIRONMENTAL
CHECKLIST**

#11-GURU NANAK NIWAS RESIDENT SATISFACTION SURVEY

SOUTH ASIAN OLDER ADULT HOUSING RESEARCH PROJECT

**DWELLING AND NEIGHBORHOOD CHECKLIST:
COMMUNITY DWELLING OLDER ADULTS**

Participant ID# _____

City/Town: _____

Date: _____

To be completed by research team

Section I: THE NEIGHBOURHOOD CONTEXT

1. Is the neighborhood primarily: 1 Urban 2 Suburban

2. What type of housing is the residence?

- 1 Single Family
- 2 Low-rise apartment residential
- 3 High-rise apartment residential
- 4 Business/commercial
- 5 Both business and residential
- 99 Other (specify) _____

3. Which of the following is present in the neighborhood

- a) Sidewalks 1 Yes 2 No
- b) Heavy Traffic 1 Yes 2 No
- c) Hills 1 Yes 2 No
- d) Street lights 1 Yes 2 No

4. Which of these following services/amenities are available in the respondent’s neighborhood?

- 1 Bus Stop
- 2 Community Center
- 3 Beauty Parlour/Barber Shop
- 4 General Grocery Store
- 5 Ethnic Grocery Store (e.g., South Asian grocery)
- 6 Shopping Mall
- 7 Convenience Store
- 8 Drug store/Pharmacy
- 10 Park
- 11 Gym
- 12 Doctor’s Office
- 13 Church/ Temple/ Mosque
- 14 Library
- (Circle the types of religious structure)
- 99 Other (specify) _____

5. Additional comments on the neighborhood context as it relates to South Asian older adults:

6. As a neighborhood for living, how does the area around the residence look?

- 1 Attractive
- 2 Average

3 Unattractive (specify) _____

7a. Are any amenities and services (e.g., South Asian grocery, convenience store, doctor's office where the native language is spoken or understood) **available for South Asian older adult s in the community?**

1 Yes 2 No

7b. If YES, What are these amenities and services?

SECTION II: INTERIOR OF THE BUILDING

Halls, Stairway Areas and Main Entrance

8. How wide are the hallways in meters? _____

Are the hallways:

9. Crowded or obstructed? 1 Yes 2 No
10. Equipped with handrails? 1 Yes 2 No
11. Equipped with smoke detection devices? 1 Yes 2 No
12. Adequately lighted? 1 Yes 2 No

Does the participant require to climb stairs within or outside their unit:

13. Do the stairs look safe? 1 Yes 2 No
14. Are the stairs well lighted? 1 Yes 2 No
15. Are there nonskid surfaces on stairs and ramps? 1 Yes 2 No
16. Are there appropriate handrails? 1 Yes 2 No
17. Do the handrails contrast with the wall color? 1 Yes 2 No
18. Are there tactile warnings at changes in level? 1 Yes 2 No

19. What is the rise of the stairs? _____ inches

20. What is the run of the stairs? _____ inches

21. Additional Comments on the hall and stairway areas as in terms of use by older adult:

Is the main /exterior entrance(s) to the house or building

22. Sheltered from the sun and rain? 1 Yes 2 No
23. Well lit at night? 1 Yes 2 No 9 Don't Know
24. Barrier free? 1 Yes 2 No 97 N/A

25. Width of the main/ exterior entrance door: _____ inches (_____ cm)

Laundry

26a. Does the housing unit have adequate laundry facilities inside the house or within the complex? 1 Yes 2 No

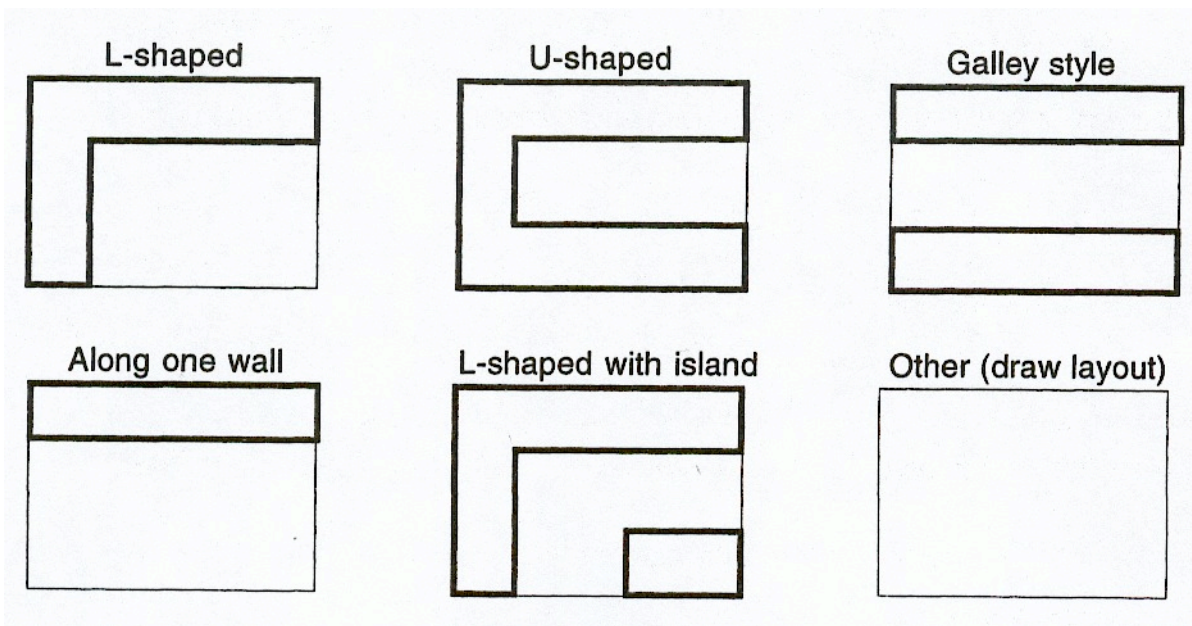
26b. If YES, is it easy for the respondent to use this facility? 1 Yes 2 No

26c. If there are no laundry facilities in the house, how does the respondent wash her/his clothes?

Kitchen

27. What type of layout does the kitchen have? (See diagrams below)

- 1 L-shaped 2 U-shaped
- 3 Walk-through/galley style 4 Along one wall
- 5 L-shaped with island 99 Other (specify) _____



28a. Is there a work area in the kitchen that can be used while seated? 1 Yes 2 No

28b. If YES, describe:

29. Is there a place in the kitchen for the residents to sit and eat? 1 Yes 2 No

30a. Does the resident cook or prepare food in the kitchen?

1 Yes 2 No someone else in the household cooks the meals.

30b. If YES, How often does the respondent use the kitchen to prepare food?

1 2-3 times a day 2 Once everyday 3 2-3 times a week 4 Once a week
5 Several times/month 6 Occasionally (once a month or less) 7 Never

31. Is there a light over the kitchen sink? 1 Yes 2 No

32a. Is there knee space under the kitchen sink? 1 Yes 2 No

32b. Is the underside of the sink and plumbing enclosed? 1 Yes 2 No

32c. Does the pipes under the sink have insulation or other type of protection? 1 Yes 2 No

34. What type of faucets does the kitchen sink have?

- 1 Lever-type (hot and cold separate)
- 2 Lever-type (hot and cold combined)
- 3 Knob-type with projections
- 4 Knob-type without projections
- 5 Diamond-shaped
- 99 Other type (specify) _____

35a. Type of stove:

1 Electric 2 Gas 3 No stove 4 Microwave oven 5 Counter-top type stove

35b. Where are the stove controls situated?

- 1 At the front of the unit
 2 At the back of the unit
 3 On the top/level with the elements
 99 Other (specify)_____

36a Are the cabinets in the kitchen accessible by the older adult participant? 1 Yes 2 No**36b. What type of doors do the cabinets have?**

- 1 Bi-fold 2 Swing 3 Sliding 4 Manifold 5 None 99 Other _____

36c. Are the shelves: 1 Adjustable 2 Fixed**36d. What is the height of the lowest shelf of cabinet from the floor?** _ inches (____ cm)**36e. Type of shelf in cupboards under counter:**

- 1 Fixed
 2 Pull-out type
 3 Lazy Susan
 4 No shelf
 99 Other (please specify):_____

37. Width of the kitchen door: _____ inches (_____ cm)***Bedroom*****38. Type of sleeping area:**

- 1 A separate bedroom 2 A bed-alcove 3 A bed in the bed-living area

39. Dimensions of the bedroom/sleeping area: Width:_____ Length_____**40. Width of the bedroom door:** _____ inches (_____ cm)**41. What furniture does the bedroom/sleeping area contain? (Check all that apply):**

- 1 Single bed 2 Twin beds

- 3 Double bed 4 Dresser
 5 Night table(s) 6 Wardrobe/closet
 7 Chair 8 Television
 10 Trunk or chest 11 Desk
 12 Sofa
 99 Other (please specify): _____

42. Do windows provide a view from the bed? 1 Yes 2 No 97 Not applicable (no windows)

Bathroom

43. Is the route from the bedroom to the bathroom direct and unobstructed?

- 1 Yes
 2 No (specify): _____

44. Width of the bathroom door: _____ inches (_____ cm)

45. Which way does the bathroom door open?

- 1 Inward 2 Outward 3 By sliding

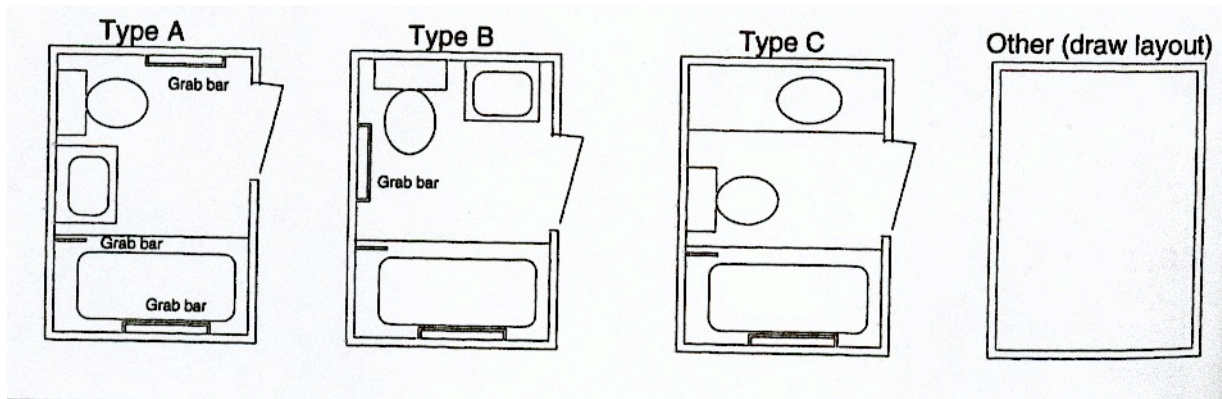
46. Is the bathroom equipped with:

- 1 a) A shower stall only with fixed head shower
 2 b) A shower stall only with flexible hand-held shower
 3 c) A shower stall only with adaptor for telephone shower
 4 d) A bathtub only
 5 e) A bathtub with fixed head shower
 6 f) A bathtub with flexible hand-held shower
 7 g) A bathtub with adaptor for telephone shower
 8 h) A bathtub with shower stall separate from each other

47. Dimensions of the bathroom: Width: _____ Length: _____

48. Design of the bathroom (see diagrams below):

- 1 Type A 2 Type B 3 Type C
 99 Other (specify) _____



In the bathroom:

49. Is the lock on the door operable from the outside? 1 Yes 2 No
50. Does the bathtub/shower have a non-slip bottom? 1 Yes 2 No
51. Is there a vertical grab bar near the bathtub facets? 1 Yes 2 No
52. Is there a grab bar mounted on the bathtub/shower wall? 1 Yes 2 No
53. Is there an angled grab bar on the wall by the toilet? 1 Yes 2 No
- 54a. Are there any grab bars other than those mentioned? 1 Yes 2 No
- 54b. If YES, specify where and draw on above selected diagram : _____
- 55a. Is the toilet paper holder mounted next to the toilet? 1 Yes 2 No
- 55b. If NO, where is it located? _____
56. Is there a heat lamp in the ceiling? 1 Yes 2 No
- 57a. Is there a medicine cabinet in the bathroom? 1 Yes 2 No (skip to Q50)
- If YES, 57b. Is the medicine cabinet recessed into the wall? 1 Yes 2 No
- 57c. Does the cabinet have sliding doors? 1 Yes 2 No

57d. Does the cabinet have glass shelves? 1 Yes 2 No

58. What is the height of the toilet? _____ inches (_____ cm)

59. Is there adequate space by the toilet to transfer a person to and from a wheelchair to the toilet? 1 Yes 2 No

60. What height is the wash basin mounted at? _____ inches (_____ cm)

61. Type of facets in the wash basin:

- 1 Lever-type (hot and cold separate) 2 Lever-type (hot and cold combined)
3 Knob-type without projections 4 Knob-type with projections

62. Type of faucets in the bathtub/shower space:

- 1 Lever-type (hot and cold separate) 2 Lever-type (hot and cold combined)
3 Knob-type without projections 4 Knob-type with projections

Table A

| | 63. Kitchen | 64. Dining Room | 65. Living room | 66. Bed- room | 67. Full Bath | 68. Half Bath | 69. Other (specify) _____ |
|---|---|---|---|---|---|---|---|
| a. Is this room included in this home? | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No |
| b. Is this room large enough? | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No |
| c. Does it have sufficient artificial lighting? | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No |
| e. Does this room have enough storage space? | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No |

CONCLUDING RATING: PARTICIPANT'S ROOM (S)

70a. Personalization of participant's room:

1 Much personalization

Most of the furnishings and objects in the room belong to the individual; time and energy have been spent in personalizing the rooms

- 2 Some personalization Participant has added personal objects such as rugs, pictures, chairs, favorite objects
- 3 Little personalization Some family pictures or personal articles, but room does not seem to belong to individual
- 4 No personalization No personalization is evident

70b. Comments: _____

71a Privacy of participant's room:

- 1 Much privacy The participant has a separate room with total privacy. The door of the room can be closed when needed.
- 2 Some privacy Participant has to share a room with a family member. Some privacy available when roommate is not around.
- 3 No privacy Participant's living/sleeping area in a family/public area used by different family members (e.g., family room or living room), so not much privacy available in that space.

71b. Comments: _____

72. OVERALL ENVIRONMENTAL CHARACTERISTICS OF DWELLING AS IT RELATES TO THE ACTIVITIES AND USAGE OF THE OLDER ADULT PARTICIPANT

**FAMILY MEMBER SURVEY
FOR COMMUNITY LIVING OLDER ADULTS**

SOUTH ASIAN OLDER ADULT HOUSING STUDY
Simon Fraser University, Gerontology Research Centre

Older adult's Participant ID: _____

Family Member Participant ID: _____

Date: _____

Interview Start time: _____ a.m.
p.m.

Interview completion time: _____ a.m.
p.m.

Language of Interview 1 **Punjabi** 2 **Hindi** 3 **English**

99 **Other** (specify) _____

Demographics

(Legend: Don't Know = DK)

1. **Gender:** 1 Female 2 Male
2. **Age:** _____ years (OR In what year were you born? _____)
3. **Marital status:** 1 Married 2 Separated/divorced 3 Widowed 4 Never married
4. **Ethnicity:** 1 South Asian – Punjabi 2 South Asian – Other
5. **Relationship to study participant (older adult):**
 1 Son 2 Daughter-in-law
 3 Daughter 4 Son-in-law
 99 Other relative (specify) _____
- 6a. **What is your mother tongue?** _____
- 6b. **Fluent in Language(s)** 1 Punjabi 2 Hindi 3 English 4 Urdu
 99 Other _____
7. **Primary life occupation:** _____
8. **Are you currently working?** 1 Yes 2 No
9. **What is your religion?** _____ No Religion 9 Can't Answer 0 No response
10. **What was your highest level of education?**
 1 Less than Grade 9 5 Some college or university
 2 Some high school 6 College/university degree
 3 High school graduate 7 Post graduate degree
 4 Trade school/diploma 99 Other (specify _____)
11. **What is your household income range (in dollars):**
 1 Below 10,000 6 30,001-35,000
 2 10,001-15,000 7 35,001-40,000
 3 15,001- 20,000 8 40,001-45,000

- 4 20,001-25,000 10 45,001-50,000
 5 25,001-30,000 9 Can't Answer

12a. Where you born in Canada or did you immigrate to Canada?

- 1 Born in Canada (go to 16a)
 2 Immigrated to Canada (go to 12b)
 99 Other (specify) _____

12b. Ask if participant is an immigrant in Canada, How long have you lived in Canada (or what year did you come here)? _____ years 9 Don't know**12c. How old were you when you immigrated to Canada? _____ years****13. Why did you immigrate to Canada?** [Interviewer don't read the list. CHECK ALL THAT APPLY]

- 1 To be with family 2 Marriage
 3 Employment/economic reasons 4 Had to come with parents
 5 Way of life 6 Political problems in South Asia
 99 Other (please specify) _____ 9 Can't Answer

14a. Did you come to Canada as an independent immigrant or were you sponsored?

[CHECK ONE]

- 1 Independent (go to Q 15)
 2 Spouse of family member of an independent immigrant (go to Q 15)
 3 Sponsored (go to Q 14b)
 99 Other [specify] _____ (go to Q 15)
 0 No response (go to Q 15)

14b. [If SPONSORED] Who sponsored you? [specify relationship, e.g., my father] _____**15. Are you a Canadian citizen now?** 1 Yes 2 No**16a. Do you have other family members/relatives (besides sons/daughters and parents) living in Vancouver or GVRD?** 1 Yes 2 No 9 DK**16b. If YES**How many other family members/relatives are living in Vancouver/GVRD? _____ 9 DK

16c. Who are these family members (please indicate the number of people in each category next to the category)

- 1 Brother 2 Sister-in-law 3 Sister 4 Brother-in-law
 5 Nephew 6 Niece 7 Uncle 8 Aunt 99 Other (specify) _____

16d. How often do you meet one or more of your other family members/relatives?

- 1 Everyday 2 2-3 times a week 3 Once / week 4 Once /2 weeks
 5 Once/ month 6 Rarely 7 Never 99 Other (specify) _____

Socio-Cultural Characteristics

17. At the present time, in terms of your ethnic identity, where would you locate yourself along this continuum (circle one number)? WHY?

- 1..... 2... 3..... 4..... 5..... 6... 7.. ... 8.... 9... 10
 mostly Canadian -----South Asian Canadian -----mostly South Asian

18. Thinking of your friends with whom you closely associate, which of the following statements best describes them?

- 1 Most of my friends are South Asian
 2 About half of my friends are South Asian
 3 Most of my friends are non-South Asian

19. What type of food makes up your regular diet?

- 1 Mostly South Asian
 2 Half South Asian and half North American/Western (i.e., at least one Indian meal per day)
 3 Mostly North American/Western (i.e., except special occasions)
 4 None of the above 9 Don't know 0 No response

20. If you had a choice between South Asian and non-South Asian/North American meals, which would you prefer?

- 1 Prefer South Asian meals
 2 Prefer a combination of both South Asian and non-South Asian meals
 3 Does not matter (i.e., no preference)
 4 Prefer non-South Asian meals
 5 None of the above 9 Don't know 0 No response

21a. Do you have a family physician who you call when you need medical care? 1 Yes 2 No
 99 Other (explain) _____

21b. If YES, which of the following best describes your family physician:

- 1 South Asian Canadian who speaks your dialect
 2 South Asian Canadian who does not speak your dialect
 3 South Asian Canadian who only speaks English
 4 Non-South Asian-Canadian who speaks your dialect
 5 Non-South Asian-Canadian who only speaks English
 9 Don't know
 0 No response

22. Now, for each of the following, please tell me how important you think each is for living in Canada. Please answer on a scale of 1 to 4, where 1 means "not at all important" and 4 means "very important." How important is each of the following to you for your life in Canada:

a. Having family and relatives close by

| | | | |
|--|----------------------------|----------------------------|----------------------------|
| Not at all Important | Very Important | Don't know | No Response |
| 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 9 <input type="checkbox"/> | 0 <input type="checkbox"/> |

b. Having friends from the same cultural background

| | | | |
|--|----------------------------|----------------------------|----------------------------|
| Not at all Important | Very Important | Don't know | No Response |
| 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 9 <input type="checkbox"/> | 0 <input type="checkbox"/> |

c. Feeling welcome in Canada

| | | | |
|--|----------------------------|----------------------------|----------------------------|
| Not at all Important | Very Important | Don't know | No Response |
| 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 9 <input type="checkbox"/> | 0 <input type="checkbox"/> |

d. Having Canadian-born friends

| | | | | |
|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| Not at all Important | | Very Important | Don't know | No Response |
| 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 9 <input type="checkbox"/> |
| | | | | 0 <input type="checkbox"/> |

e. Knowing English

| | | | | |
|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| Not at all Important | | Very Important | Don't know | No Response |
| 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 9 <input type="checkbox"/> |
| | | | | 0 <input type="checkbox"/> |

23. I would like to ask you some questions about your day-to-day life. How frequently do you:**a. wear clothing that is distinctive to South Asia when you are outside your home?**

| | | | | | |
|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| Never | Occasionally | Frequently | All of the time | Don't know | No response |
| <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 9 | <input type="checkbox"/> 0 |

b. eat food that is distinctive to South Asia?

| | | | | | |
|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| Never | Occasionally | Frequently | All of the time | Don't know | No response |
| <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 9 | <input type="checkbox"/> 0 |

c. celebrate holidays traditional to South Asia?

| | | | | | |
|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| Never | Occasionally | Frequently | All of the time | Don't know | No response |
| <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 9 | <input type="checkbox"/> 0 |

d. watch South Asian videos or movies?

| | | | | | |
|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| Never | Occasionally | Frequently | All of the time | Don't know | No response |
| <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 9 | <input type="checkbox"/> 0 |

e. listen to South Asian radio?

| | | | | | |
|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| Never | Occasionally | Frequently | All of the time | Don't know | No response |
| <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 9 | <input type="checkbox"/> 0 |

f. watch South Asian TV?

| | | | | | |
|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| Never | Occasionally | Frequently | All of the time | Don't know | No response |
| <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 9 | <input type="checkbox"/> 0 |

g. read local South Asian newspapers

| | | | | | |
|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| Never | Occasionally | Frequently | All of the time | Don't know | No response |
| <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 9 | <input type="checkbox"/> 0 |

h. visit South Asian internet web sites

| | | | | | |
|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| Never | Occasionally | Frequently | All of the time | Don't know | No response |
| <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 9 | <input type="checkbox"/> 0 |

i. listen to, view, or participate in South Asian music, dance or art

Never Occasionally Frequently All of the time Don't know No response
 1 2 3 4 9 0

j. speak your (native) language or dialect

Never Occasionally Frequently All of the time Don't know No response
 1 2 3 4 9 0

k. practice your religion

Never Occasionally Frequently All of the time Don't know No response
 1 2 3 4 9 0

24a. People who settle in a new country can have differing views of their national identity. Do you see yourself as: [only read responses 1-3]

- 1 More South Asian than Canadian?
 2 About equally South Asian and Canadian?
 3 More Canadian than South Asian?
 4 I don't see myself in these terms [volunteered]
 9 Don't know
 0 No response

24b. How do you think your children (living in Canada) think of themselves?

[Only read responses 1-3]

- 1 More South Asian than Canadian?
 2 About equally South Asian and Canadian?
 3 More Canadian than South Asian?
 4 They don't see themselves in these terms (volunteered)
 97 Not applicable (don't have children or children don't live in Canada)
 9 Don't know
 0 No response

24c. How do you think your parent /older adult relative (living in Canada) sees herself/himself?

[Only read responses 1-3]

- 1 More South Asian than Canadian?

- 2 About equally South Asian and Canadian?
 3 More Canadian than South Asian?
 4 They don't see themselves in these terms [volunteered]
 9 Don't know
 0 No response

25a. Think about how your relative's (study participant) life as an older person would be if she/he lived in South Asia today. How do you think her/his life would be if she/he lived in South Asia today?

- Very Poor Poor Fair Good Excellent No response Don't know
 1 2 3 4 5 0 9

25b. How do you feel their life is in Canada today?

- Very Poor Poor Fair Good Excellent No response Don't know
 1 2 3 4 5 0 9

Social interaction and support system

26a. Do you assist or help your relative with any of her/his chores/errands/appointments?

- 1 Yes 2 No

26b. If YES, What type of chores/errands/appointments do you help them with?

- 1 Grocery shopping
 2 Doctor's appointments
 3 Shopping for non-perishable items
 4 Visiting relatives/friends
 5 Going to the temple/mosque/church
 6 Going to South Asian stores/market
 99 Other (specify) _____

26c. Which (other) household members participates in the getting support services for your relative? (WHERE THERE IS DUAL CHOICE, CIRCLE THE PERSON MENTIONED)

- 1 My husband/wife 1 My children 3 My brother/sister
 4 No one else 99 Other (specify) _____

27. Who usually helps your relative (study participant) make decisions about housing, financial matters?

(CHECK ALL THAT APPLY)

1 He/she does it alone

2 Myself

3 His/her other children

4 Spouse/ Partner

5 Other relatives

6 Friends

98 Joint decision by multiple people (specify) _____

99 Other (specify) _____

9 Don't know

28a. Do you and your relative (study participant) do any recreational activities together?

1 Yes

2 No

28b. If YES, What type of recreational activities do you do together?

28c. How often do you do these types of activities together?

1 Daily

2 2-3 times a week

3 Once a week

4 Once every two weeks

5 Once a month

6 Once in 2-3 months

99 Other (specify) _____

29a. Do you attend religious gatherings or events together?

1 Yes

2 No

29b. How often do you attend religious events together?

1 Daily

2 2-3 times a week

3 Once a week

4 Once every two weeks

5 Once a month

6 Once in 2-3 months

99 Other (specify) _____

30. In what ways does your older adult relative contribute to this household?

1 Prepare meals

- 2 Do the laundry
 3 Do housework
 4 Do gardening/yard work
 5 Provide child care
 6 Run errands
 7 Take care of pets
 8 Contribute to rent or mortgage payment
 10 Contribute to other household expenses (e.g., grocery, utilities, etc.)
 11 Don't contribute anything
 99 Other (specify) _____
 0 No Response

Housing History, Current Housing and Living Arrangement

31. Where do you live now?

- 1 Surrey 2 Delta 3 Another part of Greater Vancouver (specify) _____
 4 Another part of British Columbia 5 Another province 99 Other (specify) _____

32. How long have you lived in your current home? _____ (years)

33a. How many persons live in this house or apartment, beside you? _____

33b. Who are they? [CHECK ALL THAT APPLY and indicate the number]

- 1 Spouse or partner (male/female – please circle gender)
 2 Mother
 3 Father
 4 Mother-in-law
 5 Father-in-law
 6 Son (specify #) _____
 7 Daughter (specify #) _____
 8 Daughter-in-law (specify #) _____
 10 Son-in-law (specify #) _____
 98 Other relatives (specify relation and # of people) _____
 99 Other (specify relation and # of people) _____

0 No Response

34. Why did you move to this residence?

(CHECK ALL THAT APPLY AND RANK THE TOP THREE REASONS)

- 1 Familiar neighborhood
- 2 Other South Asians living nearby
- 3 Children live nearby
- 4 Other relatives live nearby
- 5 Friends live nearby
- 6 Close to useful facilities and services
- 7 Close to ethnic stores (e.g., South Asian grocery, restaurants, etc.)
- 8 Close to place of worship (e.g., temple, mosque, church, etc.)
- 10 Close to place of work (own or other household member's)
- 11 Recreational facilities nearby
- 12 Good access to public transportation systems
- 13 Good school district
- 14 University/post secondary educational institution nearby
- 15 The cost
- 16 Quality of the residence (e.g., good construction, etc.)
- 17 Attractiveness of the residence
- 18 Size of the residence
- 99 Other (please specify) _____

35. Where did you live immediately before moving here? (CHECK ONE ANSWER)

- 1 In this town/city
- 2 In an area surrounding this town/city
- 3 Elsewhere in the province
- 98 In another province (please specify) _____
- 99 In another country (please specify) _____

36a Would you prefer a different living arrangement than what you have now? 1 Yes 2 No

36b. If YES, who would you prefer to live with? [Interviewer don't read. CHECK ALL THAT APPLY]

- 1 Family/Relatives 2 Non-relatives 3 Alone 4 With spouse and children only
 99 Other (specify) _____ 9 Don't know

37. What prevents you from having your preferred living arrangement?

[Interviewer don't read. You can use the following as probes. CHECK ALL THAT APPLY]

- 1 Older adult relative does not have any other relatives or friends to share household
 2 Don't want older adult relative to live by themselves
 3 Too costly
 4 Health problems of older adult relative or self
 5 Don't want to be alone
 6 Language problems
 7 Cultural reasons (specify) _____
 99 Other (specify) _____

38a. Has your relative (study participant) lived with you since they came to Canada?

- 1 Yes 2 No

38b. If NO, Where did your relative (study participant) live before?

- 1 Surrey 2 Delta 3 Another part of Greater Vancouver (specify) _____
 4 Another part of British Columbia 5 Another province 99 Other (specify) _____

38c. If YES, Where did they live before they moved to Canada?

- 6 In South Asia (specify name of city and country) _____
 99 Other (specify) _____

39a. What type of housing did they live in before?

- 1 Single detached house
 2 Semi-detached (duplex, triplex, fourplex)
 3 Townhouse
 4 High-rise apartment
 5 Low-rise apartment (3 storeys or less)
 6 Secondary suite (e.g. basement suite, in-law suite, above garage, etc.)
 7 Manufactured/mobile home
 99 Other (please specify) _____

39b. With whom were they living?

- 1 Lived alone 2 Lived with me 3 Lived with other children
 4 Lived with spouse 98 Lived with other relatives (please specify) _____
 99 Other (please specify) _____ 0 No response

39c. Why did he/she decide to move out of that housing?

- 1 Dissatisfaction with neighborhood
 2 Difficulty looking after residence
 3 Poor condition / maintenance of residence
 4 Residence too large
 5 Financial reasons
 6 Change in health or physical strength
 7 Needs or wishes of spouse
 8 Death of spouse
 10 Wished to be with others his/her age
 11 Pressure from children or other relatives
 12 Abuse or neglect in previous residence
 13 Did not have any South Asian people living nearby
 14 Did not have any South Asian services and amenities nearby
 99 Other (please specify) _____
 0 No response

40a. How important is it to you that older adult parents should live with their children when they are advanced in age and need mental, social and physical support?

- 1 Very important
 2 Somewhat important
 3 Not very important
 4 Not at all important
 9 Don't know

40b. If at a future point in time, you find that it is extremely difficult for your relative (study participant) to live independently at home what would you do?

- 1 Help him/her to look for an independent living/ an assisted living /a long-term care facility
 2 Help them to move in with another relative
 4 Hire regular home-healthcare aide to assist them at home
 99 Other (specify) _____
 9 Don't know 0 No response

40c. If your relative wanted or needed to move into an independent living (residence specially designed for older adults, e.g., Guru Nanak Niwas in Surrey) or an assisted living facility (i.e., a residence with some support services available on site) or a long-term care facility how important is it to you that the facility be geared towards South Asian-Canadian?

- 1 Very important
 2 Somewhat important
 3 Not very important
 4 Not at all important
 9 Don't know

HOUSING DISCRIMINATION

People sometimes face discrimination while they are looking for housing or while they are living in a particular neighborhood. Now I want to ask you some questions related to housing discrimination.

41a. Have any acts of discrimination been directed to you or your family members while living in this neighborhood?

- 1 Yes 2 No [Go to Q42a] 9 Don't know [Go to 42a] 0 No response [Go to 42a]

41b. If YES, can you briefly describe one such incident? _____

41c. Has discrimination interfered with your (or your family's) daily activities?

- 1 Yes 2 No [Go to Q42a] 9 Don't know [Go to 42a] 0 No response [Go to 42a]

41d. [If YES] How? _____

42a. Did you ever face discrimination while you were looking for housing to rent or buy?

1 Yes 2 No [Go to Q43] 9 Don't know [Go to 43] 0 No response [Go to 43]

42b. [If YES] How? _____

HOUSING SATISFACTION- SURROUNDING NEIGHBORHOOD AND CURRENT HOUSING

Now I will ask you specific questions related to the surrounding neighborhood and residence

43. How satisfied are you with the location of house, in terms of convenience for you?

1 Very satisfied 2 Somewhat satisfied 3 Not at all satisfied

44. Which of these following services/amenities are available in and used by you and your older adult relative in your neighborhood?

| | <u>Have</u> | <u>I use it</u> | <u>Relative uses it</u> |
|--|----------------------------|----------------------------|----------------------------|
| i) Bus Stop | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> |
| ii) Community Center | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> |
| iii) Community centre for South Asians | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> |
| iv) Beauty Parlour/Barber Shop | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> |
| v) Grocery Store | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> |
| vi) Ethnic/South Asian Grocery | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> |
| vii) Shopping Mall | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> |
| viii) Convenience Store | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> |
| ix) Drug store/Pharmacy | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> |

| | | | |
|------------------------------------|----------------------------|----------------------------|----------------------------|
| x) Park | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> |
| <hr/> | | | |
| xi) Gym | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> |
| <hr/> | | | |
| xii) Doctor's Office | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> |
| <hr/> | | | |
| xiii) Church/ Temple/Mosque | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> |
| <hr/> | | | |
| xiv) Library | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> |
| <hr/> | | | |
| xv) Other _____ | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> |

45. How safe does your older adult relative feel walking in this neighborhood during the day?

Very unsafe (1) (2) (3) (4) Very safe (5) N/A Doesn't walk outside (97)

46. Please indicate which of the following is present in your neighborhood ?

| | | | |
|--|--------------------------------|-------------------------------|---------------------------------------|
| a) Sidewalks | 1 <input type="checkbox"/> Yes | 2 <input type="checkbox"/> No | 9 <input type="checkbox"/> Don't Know |
| b) Heavy Traffic | 1 <input type="checkbox"/> Yes | 2 <input type="checkbox"/> No | 9 <input type="checkbox"/> Don't Know |
| c) Hills | 1 <input type="checkbox"/> Yes | 2 <input type="checkbox"/> No | 9 <input type="checkbox"/> Don't Know |
| d) Street lights | 1 <input type="checkbox"/> Yes | 2 <input type="checkbox"/> No | 9 <input type="checkbox"/> Don't Know |
| f) Enjoyable scenery | 1 <input type="checkbox"/> Yes | 2 <input type="checkbox"/> No | 9 <input type="checkbox"/> Don't Know |
| g) Frequently see people walking or exercising | 1 <input type="checkbox"/> Yes | 2 <input type="checkbox"/> No | 9 <input type="checkbox"/> Don't Know |
| h) High crime | 1 <input type="checkbox"/> Yes | 2 <input type="checkbox"/> No | 9 <input type="checkbox"/> Don't Know |

47a. Do you think your neighborhood has adequate health and related services to meet the needs of your older adult relative?

1 Yes 2 No 9 Don't Know

47b. What additional services do you think is needed in your neighborhood that would be helpful for South Asian older adults?

48. What type of house do you live in now? (CHECK ONE ANSWER)

1 single-detached house
 2 duplex, townhouse, or row housing

- 3 apartment in a multi-unit building
- 99 Other (specify) _____
- 9 Don't Know
- 0 No response

49. Overall, how do you like your residence?

Not at all Very much

1 2 3 4 5

50. What do you like best about your present housing?

51. What do you like least about your present housing?

52. What do you like and/or dislike about your current tenure and living arrangement?

[INTERVIEWER MAKE SURE THAT THE RESPONDENT UNDERSTANDS THE MEANING OF TENURE AND LIVING ARRANGEMENT]

53. What arrangement would you prefer?

54. Would you prefer to live in a different type of residence?

1 Yes 2 No [Go to 56a] 9 Don't know [Go to 56a] 0 No Response [Go to 56a]

55a. What kind of building would you prefer to live in? [DO NOT READ. CHECK ONE]

- 1 single-detached house [GO TO Q56A]
 2 duplex, townhouse, or row housing [GO TO Q55B]
 3 apartment in a multi-unit building [GO TO Q55B]
 99 Other (specify) _____ [GO TO Q55B]
 9 Don't Know [GO TO Q55B]
 0 No response

55b. Would you prefer that building to be specifically for people with your cultural background?

- 1 Yes 2 No 0 No response 9 Don't know

56a. Does this residence allow you to maintain those aspects of your culture that you wish to keep, for example, your worship, the foods you like to eat, seeing friends, listening to music?

- 1 Yes [Go to 57] 2 No 9 Don't know 0 No response

56b. [If NO] What is it about this place that prevents you from maintaining your culture?

[Interviewer don't read. Probe as necessary. CHECK ALL THAT APPLY]

- 1 restrictions regarding worship
 2 restrictions regarding cooking
 3 space limitations
 4 difficulty entertaining/having visitors
 99 Other (specify) _____
 0 No response

57. Please indicate which of the following rooms (and the number of rooms where applicable) your current residence have?

- Bedrooms, specify # _____
 Bathrooms, specify # _____
 Living room
 Dining room
 Family room/den
 Study
 Prayer/meditation room
 Kitchen

Other (specify) _____

58a. Do you consider your living unit to be too large, just right, or too small for your family?

1 Too large 2 Just right 3 Too small 9 Don't know 0 No response

58b. If too small, which parts of the house/apartment are too small? CHECK ALL THAT APPLY.

1 Bedroom(s)/sleeping area 2 Living room 3 Dining area
 4 Bathroom 5 Kitchen 6 Storage space
 99 Other (please specify) _____

59a. Does your older adult relative(s) share a bedroom with anyone else in the household or live/sleep in a space used for other activities (e.g., family room, study, living room, etc.)?

1 Yes, shares a room with another household member
 2 Yes, lives/sleeps in a space used for other activities
 3 No, has a room to herself/himself
 99 Other (specify) _____

59b. If YES, to sharing rooms, who shares a room with her/him? _____

59c. If YES, to sharing space with other activities, what type of activities are these?

59d. Do you or your other family members face any difficulties in sharing spaces with multiple people? 1 Yes 2 No 0 No response 9 Don't know

59e. If YES, What type of difficulties do you face?

60a. How satisfied are you with the level of audio-visual privacy in your dwelling (i.e. from the street, from neighbors, from the hallway)?

1 Very satisfied 2 Somewhat satisfied 3 Not at all satisfied

60b. If you ARE SOMEWHAT or NOT AT ALL SATISFIED with the privacy in your residence, please specify why you are not satisfied.

61. What are the benefits of your older adult relative living with you?

(Probe about help with household activities and child-care, financial support, helping family members retain cultural heritage, etc.)

62. What type of challenges do you face with your older adult relative living with you?
 (Probe about privacy, social interaction, crowding, lack of space, interference in family matters, etc.)

Accessibility

As people get older accessibility of the physical environment (e.g., wider doors, ramps, grab bars in bathrooms, levers to operate doors/windows, handrails for stairs, non-slippery floor surfaces, adequate lighting, glare free lighting, etc.) becomes an important aspect for them to help them live a safe and independent life.

63a. Do you think that your residence has adequate physical/environmental accessibility.

- 1 Adequate 2 somewhat adequate 3 Not at all adequate 9 Don't Know

63b. If you have selected SOMEWHAT ADEQUATE or NOT AT ALL ADEQUATE, please specify, why the housing complex is not adequate and what other features are needed to make it adequate for the older adults living in the complex

64a. Do you have to use stairs to get to your house or within your house? 1 Yes 2 No

64b. If you have to use stairs, do any of your family members have any problems using them?
 1 Yes 2 No

64c. If YES, who is this family member ? _____

64d. Why is it hard for this person to use the stairs ?

65a. How safe is your house for the mobility/movement of an older adult person?

- 1 Very safe
- 2 Adequate
- 3 Not very safe

65b. If NOT VERY SAFE, what makes it unsafe? (CHECK ALL THAT APPLY)

- 1 Floor coverings are slippery
- 2 Cabinets are difficult to reach
- 3 Bathroom does not have grab bars
- 4 Lighting is inadequate
- 99 Other (please specify) _____

65c. What would you change in this residence to make it safer for your older adult relative?

66. Please provide comments/suggestions on the overall environmental characteristics of your residence that is helpful or problematic for your older adult relative's daily functioning.

THANK YOU VERY MUCH FOR YOR PARTICIPATION IN THIS STUDY.

South Asian Older Adult Housing Survey: Community Housing
Simon Fraser University, Gerontology Research Centre

Participant ID: _____

Date: _____

Interview Start time: _____ a.m.
p.m.

Interview completion time: _____ a.m.
p.m.

Language of Interview 1 **Punjabi** 2 **Hindi** 3 **English**
99 **Other** (specify) _____

Demographics

(Legend: Don't Know = DK)

1. **Gender:** 1 Female 2 Male
2. **Age:** _____ years (OR In what year were you born? _____)
3. **Marital status:** 1 Married 2 Separated/divorced 3 Widowed 4 Never married
4. **Ethnicity:** 1 South Asian – Punjabi 2 South Asian – Other
- 5a. **What is your mother tongue?** _____
- 5b. **Fluent in Language(s)** 1 Punjabi 2 Hindi 3 English 4 Urdu
99 Other _____
6. **Primary life occupation:** _____
7. **Are you currently working?** 1 Yes 2 No
8. **What is your religion?** _____ No Religion 9 Can't Answer 0 No response
9. **What was your highest level of education?**
 1 Less than Grade 9 5 Some college or university
 2 Some high school 6 College/university degree
 3 High school graduate 7 Post graduate degree
 4 Trade school/diploma 99 Other (specify _____)
10. **How would you rate your health compared to others your age?**
 1 Excellent 2 Good 3 Fair 4 Poor 5 Very poor 9 DK
11. **Are you limited by your health in daily activities such as walking up and down stairs?**
 1 Yes 2 No
12. **Do you use any of the following mobility aids:**
 1 Wheelchair 2 Walker 3 Scooter 4 Cane
 99 Other (specify) _____ 5 None of the above
- 13a. **What is your household income range (in dollars):**

- 1 Below 10,000 6 30,001-35,000
 2 10,001-15,000 7 35,001-40,000
 3 15,001- 20,000 8 40,001-45,000
 4 20,001-25,000 10 45,001-50,000
 5 25,001-30,000 9 Can't Answer

13b. What is your own personal monthly income _____/ month 0 No response

14a. How long have you lived in Canada (or What year did you come here)? _____years 9 DK

14b. How old were you when you immigrated to Canada? _____ years

15. Why did you immigrate to Canada? [Interviewer don't read the list. CHECK ALL THAT APPLY]

- 1 To be with family 2 Marriage
 3 Employment/economic reasons 4 To help my children (or other family members)
 5 Way of life 6 Political problems in South Asia
 99 Other (please specify) _____ 9 Can't Answer

16a. Did you come to Canada as an independent immigrant or were you sponsored?

[CHECK ONE]

- 1 Independent (go to Q 17)
 2 Spouse of family member of an independent immigrant (go to Q 17)
 3 Sponsored (go to Q 16b)
 99 Other [specify] _____ (go to Q 17)
 0 No response (go to Q 17)

16b. [If SPONSORED] Who sponsored you? [specify relationship, e.g., my son] _____

17. Are you a Canadian citizen now? 1 Yes 2 No

18. How many sons and daughters do you have that are alive today?

_____ Sons _____ Daughters No Sons or Daughters (go to Q22a)

19a. Would you please tell me your sons' ages (approximate) and where they currently live?

| Sons | Age | Vancouver/ GVRD | Elsewhere in BC | Elsewhere in Canada or US | South Asia | Other |
|------|-----|--------------------|--------------------|------------------------------|---------------|-------|
|------|-----|--------------------|--------------------|------------------------------|---------------|-------|

| | | | | | | |
|--------------------------|-------|----------------------------|----------------------------|----------------------------|----------------------------|-----------------------------|
| 1 st (oldest) | _____ | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 99 <input type="checkbox"/> |
| 2 nd | _____ | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 99 <input type="checkbox"/> |
| 3 rd | _____ | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 99 <input type="checkbox"/> |
| 4 th | _____ | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 99 <input type="checkbox"/> |
| 5 th | _____ | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 99 <input type="checkbox"/> |
| 6 th | _____ | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 99 <input type="checkbox"/> |

19b. Would you please tell me your daughters' ages (approximate) and where they currently live?

| Daughters Age | Vancouver/ GVRD | Elsewhere in BC | Elsewhere in Canada or US | South Asia | Other | |
|--------------------------|--------------------|----------------------------|------------------------------|----------------------------|----------------------------|-----------------------------|
| 1 st (oldest) | _____ | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 99 <input type="checkbox"/> |
| 2 nd | _____ | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 99 <input type="checkbox"/> |
| 3 rd | _____ | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 99 <input type="checkbox"/> |
| 4 th | _____ | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 99 <input type="checkbox"/> |
| 5 th | _____ | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 99 <input type="checkbox"/> |
| 6 th | _____ | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 99 <input type="checkbox"/> |

20a. How many grandchildren do you have? _____ 9 DK

20b. How many grandchildren do you have living in Vancouver/GVRD? _____ 9 DK

Social Interaction and Support Systems**21. How often do you meet one or more of your children or grandchildren?**

- 1 Everyday 2 2-3 times a week 3 Once / week 4 Once /2 weeks
 5 Once/ month 6 Rarely 7 Never 99 Other (specify) _____

22a. Do you have other family members/relatives (besides sons/daughters and grandchildren) living in Vancouver or GVRD?

- 1 Yes 2 No 9 DK

22b. If YES

How many other family members/relatives are living in Vancouver/GVRD? _____ 9 DK

22c. How often do you meet one or more of your other family members/relatives?

- 1 Everyday 2 2-3 times a week 3 Once / week 4 Once /2 weeks
 5 Once/ month 6 Rarely 7 Never 99 Other (specify) _____

22d. On an average day how much time do you spend with your family/household members?

22e. With whom do you interact most during the day? (If participant wants to indicate more than one person, then check all that they identify and then rank order them with 1 denoting the person they spend the most time with)

- 1 No one, I spend most of the day by myself
 2 My spouse/partner
 3 My son(s)
 4 My daughter(s)
 5 Daughter(s) in law
 6 Son(s) in law
 7 Grandchildren
 8 Friends
 10 Other relatives (specify) _____
 99 Other (specify) _____
 9 Don't know

23a. Do any of your family members assist or help you with your chores/errands/appointments?

- 1 Yes 2 No (skip to Q24)

If YES 23b. Which household member(s) helps you with your chores and appointments?

(WHERE THERE IS DUAL CHOICE IN ONE CATEGORY, CIRCLE THE PERSON MENTIONED)

- 1 My partner/spouse 2 My son/daughter 3 My brother/sister
 4 My daughter-in-law/son-in-law 99 Other (specify) _____

23c. What type of chores/errands/appointments do they you help with?

- 1 Grocery shopping
 2 Doctor's appointments
 3 Shopping for non-perishable items
 4 Visiting relatives/friends
 5 Going to the temple/mosque/church
 6 Going to South Asian stores/market
 99 Other (specify) _____

24. Who usually helps you make decisions about housing and financial matters?

(CHECK ALL THAT APPLY)

- 1 No one, I do it by myself
 2 My spouse/partner
 3 My son(s)
 4 My daughter(s)
 5 Daughter(s) in law
 6 Son(s) in law
 7 Other relatives (specify) _____
 8 Friends
 98 Joint decision by multiple people (specify) _____
 99 Other (specify) _____
 9 Don't know

25a. Do you and other household members do any recreational or social activities together?

- 1 Yes 2 No

25b. If YES, What type of recreational/social activities do you do together?

25c. How often do you do these types of activities together?

- 1 Daily 2 2-3 times a week 3 Once a week 4 Once every two weeks
 5 Once a month 6 Once in 2-3 months 99 Other (specify) _____

26a. Do you attend religious gatherings or events together?

- 1 Yes 2 No

26b. How often do you attend religious events together?

- 1 Daily 2 2-3 times a week 3 Once a week 4 Once every two weeks
 5 Once a month 6 Once in 2-3 months 99 Other (specify) _____

27a. [Ask only if respondent lives with an adult son or daughter and (if this child is married) daughter-in-law or son-in-law and grandchildren] [Interviewer do not read from list. Just use as probes. CHECK ALL THAT APPLY]

In what ways do you contribute to this household?

- 1 Prepare meals 2 Do the laundry 3 Do housework 4 Do gardening/yard work
 5 Provide child care 6 Run errands 7 Take care of pets
 8 Contribute to rent or mortgage payment
 10 Contribute to other household expenses (e.g., grocery, utilities, etc.)
 99 Other (specify) _____
 11 Don't contribute anything (skip to Q28) 0 No Response (skip to Q28)

If the participant has mentioned that they do one or more activities/household chores, then ask the following

27b. When do you do these activities?

- 1 When other family/household members are present in the house
 2 When I am by myself
 99 Other (specify) _____

27c. With whom do you do these activities?

- 1 Spouse 2 Sons 3 Daughters-in-law

- 4 Daughters 5 Sons-in-law 6 Grandchildren 7 Do it by myself
- 98 Other relatives (specify) _____
- 99 Other (specify) _____
- 0 No response

Socio-Cultural Characteristics

28. At the present time, in terms of your ethnic identity, where would you locate yourself along this continuum (circle one number)? WHY?

- 1..... 2... 3.... 4..... 5..... 6... 7.. ... 8.... 9... 10
- mostly Canadian -----South Asian Canadian -----mostly South Asian
-
-
-

29. Thinking of your friends with whom you closely associate, which of the following statements best describes them?

- 1 Most of my friends are South Asian
- 2 About half of my friends are South Asian
- 3 Most of my friends are non-South Asian

30. What type of food makes up your regular diet?

- 1 Mostly South Asian
- 2 Half South Asian and half North American/Western (i.e., at least one Indian meal per day)
- 3 Mostly North American/Western (i.e., except special occasions)
- 4 None of the above 9 Don't know 0 No response

31. If you had a choice between South Asian and non-South Asian/North American meals, which would you prefer?

- 1 Prefer South Asian meals
- 2 Prefer a combination of both South Asian and non-South Asian meals
- 3 Does not matter (i.e., no preference)
- 4 Prefer non-South Asian meals
- 5 None of the above 9 Don't know 0 No response

32a. Do you have a family physician who you call when you need medical care? 1 Yes 2 No

- 99 Other (explain) _____

32b. If YES, which of the following best describes your family physician:

- 1 South Asian Canadian who speaks your dialect
- 2 South Asian Canadian who does not speak your dialect
- 3 South Asian Canadian who only speaks English
- 4 Non-South Asian-Canadian who speaks your dialect
- 5 Non-South Asian-Canadian who only speaks English
- 9 Don't know
- 0 No response

33. Now, for each of the following, please tell me how important you think each is for living in Canada. Please answer on a scale of 1 to 4, where 1 means “not at all important” and 4 means “very important.” How important is each of the following to you for your life in Canada:

a. Having family and relatives close by

| | | | |
|--|----------------------------|----------------------------|----------------------------|
| Not at all Important | Very Important | Don't know | No Response |
| 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 9 <input type="checkbox"/> | 0 <input type="checkbox"/> |

b. Having friends from the same cultural background

| | | | |
|--|----------------------------|----------------------------|----------------------------|
| Not at all Important | Very Important | Don't know | No Response |
| 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 9 <input type="checkbox"/> | 0 <input type="checkbox"/> |

c. Feeling welcome in Canada

| | | | |
|--|----------------------------|----------------------------|----------------------------|
| Not at all Important | Very Important | Don't know | No Response |
| 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 9 <input type="checkbox"/> | 0 <input type="checkbox"/> |

d. Having Canadian-born friends

| | | | |
|--|----------------------------|----------------------------|----------------------------|
| Not at all Important | Very Important | Don't know | No Response |
| 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 9 <input type="checkbox"/> | 0 <input type="checkbox"/> |

e. Knowing English

| | | | |
|--|----------------------------|----------------------------|----------------------------|
| Not at all Important | Very Important | Don't know | No Response |
| 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 9 <input type="checkbox"/> | 0 <input type="checkbox"/> |

34. In the past five years, how many times have you been to your country of birth? _____

- 0 No response 9 Don't know

35. I would like to ask you some questions about your day-to-day life. How frequently do you:

a. wear clothing that is distinctive to South Asia when you are outside your home?

Never Occasionally Frequently All of the time Don't know No response
 1 2 3 4 9 0

b. eat food that is distinctive to South Asia?

Never Occasionally Frequently All of the time Don't know No response
 1 2 3 4 9 0

c. celebrate holidays traditional to South Asia?

Never Occasionally Frequently All of the time Don't know No response
 1 2 3 4 9 0

d. watch South Asian videos or movies?

Never Occasionally Frequently All of the time Don't know No response
 1 2 3 4 9 0

e. listen to South Asian radio?

Never Occasionally Frequently All of the time Don't know No response
 1 2 3 4 9 0

f. watch South Asian TV?

Never Occasionally Frequently All of the time Don't know No response
 1 2 3 4 9 0

g. read local South Asian newspapers

Never Occasionally Frequently All of the time Don't know No response
 1 2 3 4 9 0

h. visit South Asian internet web sites

Never Occasionally Frequently All of the time Don't know No response
 1 2 3 4 9 0

i. listen to, view, or participate in South Asian music, dance or art

Never Occasionally Frequently All of the time Don't know No response
 1 2 3 4 9 0

j. speak your (native) language or dialect

Never Occasionally Frequently All of the time Don't know No response

1 2 3 4 9 0

k. practice your religion

Never Occasionally Frequently All of the time Don't know No response
 1 2 3 4 9 0

36a. People who settle in a new country can have differing views of their national identity. Do you see yourself as: [only read responses 1-3]

- 1 More South Asian than Canadian?
- 2 About equally South Asian and Canadian?
- 3 More Canadian than South Asian?
- 4 I don't see myself in these terms [volunteered]
- 9 Don't know
- 0 No response

36b. How do you think your children (living in Canada) think of themselves?

[Only read responses 1-3]

- 1 More South Asian than Canadian?
- 2 About equally South Asian and Canadian?
- 3 More Canadian than South Asian?
- 4 They don't see themselves in these terms (volunteered)
- 5 Not applicable (don't have children or children don't live in Canada)
- 9 Don't know
- 0 No response

36c. How do you think your grandchildren (living in Canada) see themselves?

[Only read responses 1-3]

- 1 More South Asian than Canadian?
- 2 About equally South Asian and Canadian?
- 3 More Canadian than South Asian?
- 4 They don't see themselves in these terms [volunteered]
- 5 Not applicable (don't have grandchildren or grandchildren don't live in Canada)
- 9 Don't know
- 0 No response

37a. To what extent do you feel free from racism in Canada?

Never Occasionally Frequently All of the time Don't know No response

1 2 3 4 9 0

37b. Why?

Let me ask you some questions about life as an older person and as an immigrant living in Canada.

38a. Think about how your life as an older person would be if you lived in South Asia today. How do you think your life would be if you lived in South Asia today?

Very Poor Poor Fair Good Excellent No response Don't know
 1 2 3 4 5 0 9

38b. How do you feel life is for you in Canada today?

Very Poor Poor Fair Good Excellent No response Don't know
 1 2 3 4 5 0 9

Personal Housing History and Living Arrangement

39. How long have you lived in your current home? _____(years)

40a. How many persons live in this house/apartment, beside you? _____ (If '0', Go to Q41)

40b. Who are they? [CHECK ALL THAT APPLY and indicate the number]

1 Spouse _____

2 Sons _____

4 Daughters _____

6 Grandchildren _____

3 Daughters-in-law _____

5 Sons-in-law _____

98 Other relatives (specify) _____

99 Non-relatives (specify) _____ 0 No response

41. Where did you live immediately before moving here? (CHECK ONE ANSWER)

1 In this town/city

2 In an area surrounding this town/city

3 Elsewhere in the province

98 In another province (please specify) _____

- 99 In another country (please specify) _____
0 No response

42. Who did you live with immediately before moving here? (CHECK ONE ANSWER)

- 1 Lived alone 2 Lived with my children 3 Lived with spouse
98 Lived with other relatives (specify) _____
99 Other (specify) _____

43a. Ideally, would you prefer a different living arrangement than what you have now?

- 1 Yes 2 No

43b. If YES, who would you prefer to live with? [Interviewer don't read. CHECK ALL THAT APPLY]

- 1 Family/Relatives
2 Non-relatives
3 Alone
99 Other (specify) _____
9 Don't Know

44. What prevents you from having your preferred living arrangement?

[Interviewer don't read. You can use the following as probes. CHECK ALL THAT APPLY]

- 1 No adult children in Canada
2 No relatives or friends to share household
3 Too costly
4 Health problems
5 Don't want to be alone
6 Language problems
7 Cultural reasons (specify) _____
99 Other (specify) _____

Current Dwelling

45. What form of housing do you currently live in? Check one answer.

- 1 Single detached house
2 Semi-detached (duplex, triplex, fourplex)
3 Townhouse

- 4 High-rise apartment
- 5 Low-rise apartment (3 storeys or less)
- 6 Secondary suite (e.g. basement suite, in-law suite, above garage, etc.)
- 7 Manufactured/mobile home
- 99 Other (please specify)_____

46. What type of unit do you live in? Check one answer.

- 1 Two bedroom
- 2 One bedroom
- 3 One bedroom plus den
- 4 Studio
- 5 Bed-sitting room with partial private bath (toilet & basin)
- 6 Bed-sitting room with no private bath facilities
- 99 Other (please specify)_____

47. Why did you/your family move to this residence?

(CHECK ALL THAT APPLY AND RANK THE TOP THREE REASONS)

- 1 Familiar neighborhood
- 2 Other South Asians living nearby
- 3 Children live nearby
- 4 Other relatives live nearby
- 5 Friends live nearby
- 6 Close to useful facilities and services
- 7 Close to ethnic stores (e.g., South Asian grocery, restaurants, etc.)
- 8 Close to place of worship (e.g., temple, mosque, church, etc.)
- 10 Close to place of work (own or children's)
- 11 Recreational facilities nearby
- 12 Good access to public transportation systems
- 13 Good school district
- 14 University/post secondary educational institution nearby
- 15 The cost
- 16 Quality of the residence (e.g., good construction, etc.)

- 17 Attractiveness of the residence
 18 Size of the residence
 19 Son or daughter lives in this residence
 99 Other (please specify)_____

48. What type of tenure arrangement do you have at your current home?

- 1 Own
 2 Rent
 3 Live with family members (other than spouse) who own or rent
 4 Member of non-profit cooperative that owns the dwellings
 5 Shareholder of an equity coop, corporation or society that owns the dwellings
 6 Life-lease agreement
 7 Freehold ownership on unit but on a land lease
 8 Condominium
 99 Other (please specify)_____
- 0 No response

49. Do you consider your dwelling to be too large, just right, or too small for you (and your family)?

- 1 Too large 2 Just right 3 Too small 9 Don't know 0 No response

50. Would you prefer to live in a different building or facility?

- 1 Yes [Go to 51a] 2 No [Go to 52a] 9 Don't know 0 No Response

51a. What kind of building or facility would you prefer to live in? [DO NOT READ. CHECK ONE]

- 1 Single-detached house
 2 Duplex, townhouse, or row housing
 3 Apartment in a multi-unit building
 4 Seniors apartment
 5 Seniors lodge
 6 Assisted living
 7 Nursing home
 99 Other (specify)_____

9 Don't Know

0 No response

51b. Would you prefer that facility to be specifically for people with your cultural background?

1 Yes 2 No 0 No response 9 Don't know

51c. What prevents you from living in the building or facility you prefer to live in?

[Interviewer don't read. Probe as necessary. CHECK ALL THAT APPLY]

1 No relatives or friends to share household

2 Too costly/ Can't afford to

3 Health problems

4 Don't want to be alone

5 Language problems

6 Cultural reasons (specify) _____

99 Other (specify) _____

52a. Does this house/apartment allow you to maintain those aspects of your culture that you wish to keep, for example, your worship, the foods you like to eat, seeing friends, listening to music?

1 Yes [Go to 53] 2 No 9 Don't know 0 No response

52b. [If NO] What is it about this place that prevents you from maintaining your culture?

[Interviewer don't read. Probe as necessary. CHECK ALL THAT APPLY]

1 Restrictions regarding worship

2 Restrictions regarding cooking

3 Space limitations

4 Difficulty entertaining/having visitors

99 Other (specify) _____

0 No response

Housing and Living Arrangement Satisfaction

53. What do you like best about your present housing?

54a. What do you like about your current tenure and living arrangement?

54b. What do you dislike about your current tenure and living arrangement?

(Probe about social isolation, psychological well-being, family support, etc.)

54c. What arrangement would you prefer?

55a. How satisfied are you with living in an intergenerational/multi-generational household?

Very satisfied

Very dissatisfied

1

2

3

4

5

55b. Why are you SATISFIED or DISSATISFIED with this type of living arrangement?

(Probe about shared spaces, sense of belonging, lack of control, lack of respect, independence, freedom to act and speak, companionship, etc.)

56a. How satisfied are you with living in Canada?

Very satisfied

Very dissatisfied

1

2

3

4

5

56b. Why are you SATISFIED or DISSATISFIED with living in Canada?

(Probe about social isolation, sense of belonging, lack of control, lack of respect, independence, freedom to act and speak, companionship, cultural clash, etc.)

57. Have any acts of discrimination been directed at you or your family while living in this neighborhood?

1 Yes 2 No [Go to Q59a] 9 Don't know [Go to 59a] 0 No response [Go to 59a]

58a. If YES, can you briefly describe one such incident? _____

58b. Has discrimination interfered with your daily activities?

1 Yes 2 No [Go to Q59a] 9 Don't know [Go to 59a] 0 No response [Go to 59a]

58c. [If YES] How? _____

59a. How important is it to you that older adult parents should live with their children when they are advanced in age and need mental, social and physical support?

- 1 Very important
- 2 Somewhat important
- 3 Not very important
- 4 Not at all important

9 Don't know

59b. If at a future point in time, you find it extremely difficult to live independently in this type of housing and decide to move into housing designed for older adults or an assisted living facility (i.e., a residence with some support services available on site), how important is it to you that the facility be South Asian-Canadian?

- 1 Very important
 2 Somewhat important
 3 Not very important
 4 Not at all important
 9 Don't know

60a. How would you rate the size of your present house? CHECK ONE ANSWER

- 1 About the right size (SKIP TO Q61a) 2 Too small 3 Too large

60b. If too small, which parts of the house/apartment are too small? CHECK ALL THAT APPLY.

- 1 Bedroom(s)/sleeping area 2 Living room 3 Dining area
 4 Bathroom 5 Kitchen 6 Storage space
 99 Other (please specify) _____

61a. Do you have to use stairs to get to your house or within your house? 1 Yes 2 No

61b. If you have to use stairs, do you have any problems using them? 1 Yes 2 No

62. How satisfied are you with the level of visual privacy in your dwelling (i.e. from the street, from neighbors, from the hallway)?

- 1 Very satisfied 2 Somewhat satisfied 3 Not at all satisfied

63. How satisfied are you with the quality of the soundproofing between your unit and your neighbors' units? (Ask only if they live in an attached unit, that is, an apartment, duplex or townhouse)

- 1 Very satisfied 2 Somewhat satisfied 3 Not at all satisfied 4 Not applicable (detached house)

64. In your house or apartment, how easy is it for you to:

- | | | |
|---------------------------|---------------------------------|--------------------------------------|
| Open/close windows | 1 <input type="checkbox"/> Easy | 2 <input type="checkbox"/> Difficult |
| Open/close doors | 1 <input type="checkbox"/> Easy | 2 <input type="checkbox"/> Difficult |
| Open/close closets | 1 <input type="checkbox"/> Easy | 2 <input type="checkbox"/> Difficult |

Open/close cupboards 1 Easy 2 Difficult

Kitchen

65a. Is the kitchen in your unit /house easy to use? 1 Yes 2 No

65b. If NO, what is it about your kitchen that makes it difficult to use?

(CHECK ALL THAT APPLY)

- 1 Layout of kitchen is awkward
 2 Surfaces are difficult to keep clean
 3 Too many hard-to-reach areas
 4 Not enough counter-top space
 5 Height of counter space not right
 6 Lack of accessible storage space
 99 Other (please specify) _____

66a. How safe do you think your kitchen is? 1 Very safe 2 Adequate 3 Not very safe

66b. If NOT VERY SAFE, what makes it unsafe? (CHECK ALL THAT APPLY)

- 1 Floor coverings are slippery 2 Stove controls are awkwardly located
 3 Cabinets are difficult to reach 4 Lighting is inadequate
 99 Other (please specify) _____

66c. What would you change in the kitchen to make it safer or more convenient for you?

Bathroom

67a. How would you rate the bathroom(s) in your unit/house?

1 Very safe 2 Adequate 3 Not very safe

67b. If you feel that your bathroom(s) is(are) not very safe, what makes it(them) unsafe?

(CHECK ALL THAT APPLY)

- 1 Floor coverings are slippery
 2 Bathtub is difficult to get in and out of

- 3 There are not enough grab bars
 4 Grab bars placed in the wrong location
 5 Lighting is inadequate
 99 Other (please specify) _____

67c. What would you change in the bathroom(s) to make it(them) safer or more convenient?

Lighting

68a. In general, how satisfactory is the lighting in your house?

- 1 Very satisfactory 2 Somewhat satisfactory 3 Not satisfactory

68b. If less than very satisfactory, how could it be improved?

If respondent is living in a detached house skip to Q72, if he/she is living in a duplex, apartment or townhouse continue:

69. How would you rate the lighting in the area outside your unit?

- 1 Good 2 Barely adequate 3 Poor 4 Not applicable

70. How would you rate the lighting in the hallways?

- 1 Good 2 Barely adequate 3 Poor 4 Not applicable

71. How would you rate the lighting in the building entrance at night?

- 1 Good 2 Barely adequate 3 Poor 4 Not applicable

Ventilation

72. How satisfactory is the ventilation in your house? (i.e. Do you get enough fresh air?):

- 1 Very satisfactory 2 Somewhat satisfactory 3 Not satisfactory

Private Outdoor Space

73a. How often do you sit on your balcony, patio or deck in summer?

- 1 Often 2 Occasionally 3 Never 4 Do not have a balcony/patio/deck

73b. If they have a balcony or patio ask the following question or else skip to Q74

- g) Frequently see people walking or exercising 1 Yes 2 No 9 Don't Know
 h) High crime 1 Yes 2 No 9 Don't Know

77. How safe do you feel walking in your neighborhood during the day

- 1 Very unsafe 2 3 4 5 Very safe 97 N/A Don't walk outside

Transportation

78a. Is there a public transportation stop (e.g., bus, sky train etc.) within easy walking distance (1/2 km) from your residence?

- 1 Yes 2 No (skip to Q79) 3 No public transit available (skip to Q79)

If YES, 78b. Does it have benches? 1 Yes 2 No 97 N/A

78c. Is there appropriate lighting at night? 1 Yes 2 No 97 N/A

78d. Does it have weather shelter? 1 Yes 2 No 97 N/A

79. What do you use most often for transportation?

- 1 Public transit
 2 Own car
 3 Walk
 4 Special transportation provided by housing staff
 5 Rides provided by friends, family or volunteers
 99 Other (please specify) _____

80. Which of these following services/amenities are available in and used by you in your neighborhood?

| | Have | I use it | I walk to it |
|--------------------|----------------------------|----------------------------|----------------------------|
| i) Bus Stop | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> |

| | | | |
|---|----------------------------|----------------------------|----------------------------|
| ii) Community Center | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> |
| <hr/> | | | |
| iii) Community centre for South Asians | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> |
| <hr/> | | | |
| iv) Beauty Parlour/ Barber Shop | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> |
| <hr/> | | | |
| v) Grocery Store | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> |
| <hr/> | | | |
| vi) Ethnic/South Asian Grocery | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> |
| <hr/> | | | |
| vii) Shopping Mall | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> |
| <hr/> | | | |
| viii) Convenience Store | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> |
| <hr/> | | | |
| ix) Drug store/Pharmacy | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> |
| <hr/> | | | |
| x) Park | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> |
| <hr/> | | | |
| xi) Gym | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> |
| <hr/> | | | |
| xii) Doctor's Office | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> |
| <hr/> | | | |
| xiii) Church/ Temple/Mosque | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> |
| <hr/> | | | |
| xiv) Library | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> |
| <hr/> | | | |
| xv) Other _____ | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> |

81. What other services/ amenities would you like to have in your neighborhood that would be helpful for you and other South Asian older adults in your neighborhood?

THANK YOU FOR PARTICIPATING IN THIS STUDY

INFORMED CONSENT

Participant ID# _____

Project Title: Addressing Distinct Housing Needs: An Evaluation of Seniors' Housing in the South Asian Community

Researchers from the Gerontology Research Centre of Simon Fraser University is conducting a study on South Asian seniors' housing and living arrangements. This study is funded by the Canada Mortgage and Housing Corporation. Thirty South Asian residents living in the Guru Nanak Niwas in Surrey, 30 South Asian seniors living in the Greater Vancouver area and 30 family members of these seniors will be interviewed for this research project. Your participation in this study will be appreciated, as it will help to identify housing and support services needs of South Asian older adults.

The University and those conducting this project subscribe to the ethical conduct of research and to the protection at all times of the interests, comfort, and safety of participants. This form and the information it contains are given to you for your own protection and full understanding of the procedures. Your signature on this form will signify that you have received a document that describes the procedures, possible risks, and benefits of this research project, that you have received an adequate opportunity to consider the information in the document, and that you voluntarily agree to participate in the project.

Any information that is obtained during this study will be kept confidential to the full extent permitted by law. Knowledge of your identity is not required. Your name and address will not be used in any publications. Materials will be held in a secure location during and after the completion of the study. However, it is possible that, as a result of legal action, the researcher may be required to divulge information obtained in the course of this research to a court or other legal body.

Your participation will involve giving consent to the following a) participation in a face-to-face survey through the use of a questionnaire. This survey will cover questions related to housing satisfaction, housing condition, living arrangements, demographic information and socio-cultural factors; b) physical inventory of the existing dwelling condition by the researcher; c) photographs taken of living spaces in the dwelling that may be used in future publications. This survey interview will be done at your convenience during the time period of _____ at your residence. This study will not present an social or physical risk to you or your family, other than the inconvenience of the time required by you for the interview. Once the study is completed, a copy of the results will be made available to all participants if they desire to see the outcome of the study. In the meantime, if you have any questions about the research project, you may contact Dr. Habib Chaudhury at 604-291-5232, Dr. Atiya Mahmood at 604-291-5210 or Dr. Karen Kobayashi at 250-721-7574.

I have been informed that the study material will be held confidential and the findings will be used only for research purpose. Having been asked by _____ on behalf of the researchers from the Gerontology Research Centre, Simon Fraser University to participate in a research project, I have read the procedures specified in the document.

I understand the procedures to be used in this study and the personal risks to me in taking part. I understand that I may withdraw my participation in this study at any time. I also understand that I may register any complaint I might have about the study with the researchers named above or with Dr. Gloria Gutman, Director, Gerontology Research Centre, Simon Fraser University at 604-291-5063.

NAME (please type or print legibly): _____

ADDRESS: _____

SIGNATURE: _____

DATE: _____

INTERIM REPORT**APPENDIX: EXAMPLE OF RESULTS TABLES****Table 1: Demographics: Guru Nanak Niwas and Community Living Seniors**

| | Total | Guru Nanak Niwas | Community Housing |
|---------------------------|-------------------------|-------------------------|---------------------------|
| Gender | | | |
| Females | 54.9 (N=32) | 46.4 (N=13) | 63.3 (N=19) |
| Males | 45.1 (N=26) | 53.6 (N=15) | 36.7 (N=11) |
| Age | $\bar{X} = 68.6$ (N=58) | $\bar{X} = 69.5$ (N=28) | $\bar{X} = 67.7$ (N=30.0) |
| Marital Status | | | |
| Married | 60.3 (N=35) | 39.3 (N=11) | 80.0 (N=24) |
| Separated/Divorced | 10.3 (N=6) | 21.4 (N=6) | 0.0 (N=0.0) |
| Widowed | 29.3 (N=17) | 39.3 (N=11) | 20.0 (N=6) |
| Ethnicity | | | |
| South Asian Punjabi | 84.4 (N=49) | 67.9 (N=19) | 10.0 (N=30.0) |
| South Asian Other | 15.6 (N=9) | 32.1 (N=9) | 0.0 (N=0.0) |
| Currently Employed | 12.1 (N=7) | 17.9 (N=5) | 6.7 (N=2) |
| Religion | | | |
| Sikh | 83.9 (N=47) | 67.9 (N=19) | 93.3 (N=28) |
| Hindu | 14.3 (N=8) | 21.4 (N=6) | 6.7 (N=2) |
| Christian | 1.8 (N=1) | 3.6 (N=1) | 0.0 (N=0.0) |
| Education Level | | | |
| Some high school | 55.2 (N=32) | 50.0 (N=14) | 60.0 (N=18) |
| High school graduate | 8.6 (N=5) | 10.7 (N=3) | 6.7 (N=2) |
| Trade School/Diploma | 13.8 (N=8) | 17.9 (N=5) | 10.0 (N=3) |
| College/University Degree | 1.7 (N=1) | 0.0 (N=0.0) | 3.3 (N=1) |
| Post Graduate Degree | 10.3 (N=6) | 17.9 (N=5) | 3.3 (N=1) |
| Other | 10.3 (N=6) | 3.6 (N=1) | 16.7 (N=5) |
| Household Income | | | |
| Below \$10,000 | 37.5 (N=21) | 71.4 (N=20.0) | 3.3 (N=1) |
| \$10,001-\$15,000 | 16.1 (N=9) | 21.4 (N=6) | 10.0 (N=3) |
| \$15,001-\$20,000 | 5.4 (N=3) | 3.6 (N=1) | 6.7 (N=2) |
| \$25,001-\$30,000 | 1.8 (N=1) | 0.0 (N=0.0) | 3.3 (N=1) |
| \$30,001-\$35,000 | 3.6 (N=2) | 0.0 (N=0.0) | 6.7 (N=2) |
| \$40,001-\$45,000 | 1.8 (N=1) | 0.0 (N=0.0) | 3.3 (N=1) |
| \$45,001-\$50,000 | 33.9 (N=19) | 3.6 (N=1) | 60.0 (N=18) |
| Years lived in Canada | $\bar{X} = 16.7$ (N=58) | $\bar{X} = 16.0$ (N=28) | $\bar{X} = 17.4$ (N=30.0) |
| Age of Immigration | $\bar{X} = 51.6$ (N=58) | $\bar{X} = 52.8$ (N=28) | $\bar{X} = 50.4$ (N=30.0) |
| Canadian Citizen | | | |
| Yes | 75.4 (N=43) | 82.1 (N=23) | 66.7 (N=20.0) |
| No | 24.6 (N=14) | 14.3 (N=4) | 33.3 (N=10.0) |
| Number of Children | | | |
| Sons | $\bar{X} = 2.2$ (N=57) | $\bar{X} = 2.4$ (N=27) | $\bar{X} = 2.0$ (N=30.0) |
| Daughters | $\bar{X} = 2.1$ (N=58) | $\bar{X} = 2.1$ (N=28) | $\bar{X} = 2.0$ (N=30.0) |
| Number of Grandchildren | $\bar{X} = 9.4$ (N=56) | $\bar{X} = 11.5$ (N=26) | $\bar{X} = 7.3$ (N=30.0) |

Table 2: Demographics for Family Members for Both Group of Seniors

| | Total | Guru Nanak Niwas | Community Housing |
|------------------------------------|-------------------------|-------------------------|--------------------------|
| Gender | | | |
| Females | 73.3 (N=22) | 60.0 (N=9) | 86.7 (N=13) |
| Males | 26.7 (N=8) | 40.0 (N=6) | 13.3 (N=2) |
| Age | $\bar{X} = 36.9$ (N=29) | $\bar{X} = 39.7$ (N=14) | $\bar{X} = 34.0$ (N=15) |
| Marital Status | | | |
| Married | 80.0 (N=24) | 80.0 (N=12) | 80.0 (N=12) |
| Separated/Divorced | 16.7 (N=5) | 13.3 (N=2) | 20.0 (N=3) |
| Widowed | 3.3 (N=1) | 6.7 (N=1) | 0.0 |
| Ethnicity | | | |
| South Asian Punjabi | 86.2 (N=25) | 71.4 (N=10) | 100.0 (N=15) |
| South Asian Other | 13.8 (N=4) | 28.6 (N=4) | 0.0 |
| Relationship to Participant | | | |
| Son | 23.3 (N=7) | 33.3 (N=5) | 13.3 (N=2) |
| Daughter | 36.7 (N=11) | 46.7 (N=7) | 26.7 (N=4) |
| Daughter-in-law | 30.0 (N=9) | 0.0 | 60.0 (N=9) |
| Other Relative | 10.0 (N=3) | 20.0 (N=3) | 0.0 |
| Currently Employed | 73.3 (N=22) | 80.0 (N=12) | 66.7 (N=10) |
| Religion | | | |
| Sikh | 70.0 (N=21) | 60.0 (N=9) | 80.0 (N=12) |
| Hindu | 16.7 (N=5) | 20.0 (N=3) | 13.3 (N=2) |
| No response | 13.3 (N=4) | 20.0 (N=3) | 6.7 (N=1) |
| Education Level | | | |
| Less than grade 9 | 3.4 (N=1) | 0.0 | 6.7 (N=1) |
| Some high school | 10.3 (N=3) | 0.0 | 20.0 (N=3) |
| High school graduate | 17.2 (N=5) | 28.6 (N=4) | 6.7 (N=1) |
| Trade School/Diploma | 3.4 (N=1) | 7.1 (N=1) | 0.0 |
| Some college or university | 31.0 (N=9) | 35.7 (N=5) | 26.7 (N=4) |
| College/University Degree | 20.7 (N=6) | 14.3 (N=2) | 26.7 (N=4) |
| Post Graduate Degree | 13.8 (N=4) | 14.3 (N=2) | 13.3 (N=2) |
| Household Income | | | |
| Below \$10,000 | 6.9 (N=2) | 0.0 | 13.3 (N=2) |
| \$10,001-\$15,000 | 6.9 (N=2) | 14.3 (N=2) | 0.0 |
| \$20,001-\$25,000 | 3.4 (N=1) | 7.1 (N=1) | 0.0 |
| \$25,001-\$30,000 | 6.9 (N=2) | 0.0 | 13.3 (N=2) |
| \$35,001-\$40,000 | 3.4 (N=1) | 7.1 (N=1) | 0.0 |
| \$40,001-\$45,000 | 6.9 (N=2) | 0.0 | 13.3 (N=2) |
| \$45,001-\$50,000 | 34.5 (N=10) | 28.6 (N=4) | 40.0 (N=6) |
| \$50,000 and above | 3.4 (N=1) | 7.1 (N=1) | 0.0 |
| Can't answer | 27.6 (N=8) | 35.7 (N=5) | 20.0 (N=3) |
| Years lived in Canada | $\bar{X} = 18.8$ (N=27) | $\bar{X} = 20.5$ (N=13) | $\bar{X} = 17.0$ (N=14) |
| Age of Immigration | $\bar{X} = 19.8$ (N=28) | $\bar{X} = 21.3$ (N=13) | $\bar{X} = 18.2$ (N=15) |
| Canadian Citizen | | | |
| Yes | 82.1 (N=23) | 84.6 (N=11) | 80.0 (N=12) |
| No | 17.9 (N=5) | 15.4 (N=2) | 20.0 (N=3) |

Table 3: Importance of Family and Cultural Factors for All Respondents

| | | Not Important At All | Not Very Important | Somewhat Important | Very Important | Don't Know |
|--|-----------------------------|-----------------------------|---------------------------|---------------------------|-----------------------|-------------------|
| Importance of Having Family & Friends Close by | Guru Nanak Niwas Resident | 28.6 (N=8) | 7.1 (N=2) | 21.4 (N=6) | 39.3 (N=1) | 0.0 |
| | Guru Nanak Family Member | 0.0 | 0.0 | 6.7 (N=1) | 86.7 (N=13) | 6.7 (N=1) |
| | Community Housing Resident | 0.0 | 3.3 (N=1) | 13.3 (N=4) | 83.3 (N=25) | 0.0 |
| | Community Housing Family | 0.0 | 0.0 | 13.3 (N=2) | 86.7 (N=13) | 0.0 |
| Importance of Having Friends from Same Cultural Background | Guru Nanak N. Resident | 7.1 (N=2) | 14.3 (N=4) | 14.3 (N=4) | 64.3 (N=18) | 0.0 |
| | Guru Nanak N. Family Member | 6.7 (N=1) | 13.3 (N=2) | 13.3 (N=2) | 60.0 (N=9) | 0.0 |
| | Community Housing Resident | 0.0 | 3.3 (N=1) | 13.3 (N=4) | 83.3 (N=25) | 0.0 |
| | Community Housing Family | 6.7 (N=1) | 6.7 (N=1) | 26.7 (N=4) | 60.0 (N=9) | 0.0 |
| Importance of Feeling Welcome in Canada | Guru Nanak N. Resident | 3.6 (N=1) | 7.1 (N=2) | 0.0 | 85.7 (N=24) | 0.0 |
| | Guru Nanak N. Family Member | 0.0 | 6.7 (N=1) | 0.0 | 86.7 (N=13) | 6.7 (N=1) |
| | Community Housing Resident | 0.0 | 0.0 | 13.3 (N=4) | 86.7 (N=26) | 0.0 |
| | Community Housing Family | 0.0 | 6.7 (N=1) | 6.7 (N=1) | 86.7 (N=13) | 0.0 |
| Importance of Having a Canadian Born Friend | Guru Nanak N. Resident | 10.7 (N=3) | 21.4 (N=6) | 46.4 (N=13) | 17.9 (N=5) | 0.0 |
| | Guru Nanak N. Family Member | 6.7 (N=1) | 13.3 (N=2) | 20.0 (N=3) | 46.7 (N=7) | 0.0 |
| | Community Housing Resident | 20.0 (N=6) | 46.7 (N=14) | 26.7 (N=8) | 6.7 (N=2) | 0.0 |
| | Community Housing Family | 0.0 | 20.0 (N=3) | 33.3 (N=5) | 40.0 (N=6) | 6.7 (N=1) |
| Importance of Knowing English | Guru Nanak N. Resident | 0.0 | 3.6 (N=1) | 3.6 (N=1) | 92.9 (N=26) | 0.0 |
| | Guru Nanak N. Family Member | 6.7 (N=1) | 0.0 | 0.0 | 93.3 (N=14) | 0.0 |
| | Community Housing Resident | 0.0 | 10.0 (N=3) | 20.0 (N=6) | 70.0 (N=21) | 0.0 |
| | Community Housing Family | 0.0 | 6.7 (N=1) | 0.0 | 93.3 (N=14) | 0.0 |

EXAMPLES OF WRITTEN SECTIONS OF RESULTS

Demographics for Guru Nanak Niwas Residents

Of the 28 participants living in the Guru Nanak Niwas complex, 13 (46.4%) were female and 15 (53.6%) were male. The participants were between the ages of 54 and 89, with the average age being 69.5 years. An equal number of participants were married or widowed (N=11, 39.3%), while 6 participants (21.4%) were separated or divorced.

The majority of participants were of Punjabi descent (N=19, 67.9%) whose mother tongue was also Punjabi (N=18, 64.3%). The remaining participants were of Hindu descent and spoke Hindi (N=9, 32.1%). A few participants were fluent in other languages including English (N=6, 21.4%), and Urdu (N=3, 10.7%). Regarding religion, most participants were Sikh (N=19, 67.9%) followed by Hindu (N=6, 21.4%) and Christian (N=1, 3.6%).

Only 5 (17.9%) of the respondents were currently working. Half of the participants had some high school education (N=14, 50%), while 3 (10.7%) were high school graduates. The remaining respondents had a postgraduate degree (N=5, 17.9%) or a trade school degree/diploma (N=5, 17.9%). Since the majority of respondents were not currently employed, most had a household income below \$10,000 (N=20, 71.4%). Only 1 participant (3.6%) had an income between \$45,000 and \$50,000.

The average length of time the respondents have lived in Canada is 16.0 years with the average age when immigrating being 52.8 years. The main reason for immigrating was to be with family (N=19, 67.9%) followed by helping their children (N=4, 14.3%) and way of life (N=3, 10.7%). Most respondents came to Canada as sponsored immigrants (N=25, 89.3%), with sons (N=11, 39.3%) and daughters (N=10, 35.7%) being the most likely sponsors. 23 (82.1%) of the respondents are now Canadian citizens.

Demographics for Community Housing Older Adults

The majority of respondents in the community housing survey lived in Surrey (N=14, 46.7%), followed by Burnaby (N=10, 33.3%), and Vancouver (N=6, 20%). 19 (63.3%) of the respondents were female and 11 (36.7%) were male. Ages ranged between 53 and 87 years, with 67.7 years being the average. 80 percent (N=24) of participants were married while the remaining 6 (20%) were widowed.

All participants were South Asian Punjabi and all were fluent in Punjabi. Some participants were also fluent in English (N=11, 36.7%) and Urdu (N=3, 10%). The majority of participants were Sikh (N=28, 93.3%) while 2 (6.7%) were Hindu.

Most participants (N=25, 83.3%) were not currently working. 18 (60%) of the 30 participants had some high school education. The remaining participants were high school graduates (N=2, 6.7%), went to trade school (N=3, 10%), had a college/university degree (N=1, 3.3%) or post graduate degree (N=1, 3.3%). Household income was fairly high with 18 (60%) of the respondents having an income between \$45,000 and \$50,000. Only 1 (3.3%) participant had a household income below \$10,000.

These participants have lived in Canada an average of 17.4 years. The average age when immigrating was 50.4 years. The most frequent reason for immigrating was to be with family (N=28, 93.3%). The majority of participants were sponsored (N=28, 93.3%), with their sons (N=11, 36.7%) and daughters (N=10, 33.3%) being the most likely sponsors. 20 (66.7%) of the participants are now Canadian citizens.

Demographics for Family Members of the Guru Nanak Niwas Residents

The majority of the family members for the Guru Nanak Niwas participants were female (N=9, 60.0%). Respondents were between the ages of 24 and 54, with the average age being 39.7 years. The

majority of respondents were married (N=12, 80.0%), while the remaining few were either separated or divorced (N=2, 13.3%), or never married (N=1, 6.7%).

Most respondents were of Punjabi descent (N=10, 66.7%). Punjabi was also the mother tongue for most participants (N=10, 66.7%). The participants were most likely to be fluent in Punjabi (N=10, 38.5%) followed by Hindi (N=7, 26.9%) or English (N=7, 26.9%). One participant (3.8%) was also fluent in Urdu. In terms of religion, participants were predominantly Sikh (N=9, 60.0%) while a few were Hindu (N=3, 20.0%).

Twelve of the fifteen participants (80.0%) were currently employed. While one-third of respondents chose not to disclose their household income, almost 30.0% did have a household income that fell within the range \$45,000-\$50,000. A large portion of family members had either spent some time in college or university (N=5, 33.3%) or were high school graduates (N=4, 26.7%).

Most family members immigrated to Canada (N=13, 86.7%) and have lived in Canada an average of 20.5 years. The average age when immigrating was 21.3 years and most immigrated came either because of a marriage (N=5, 33.3%) or to be with family (N=4, 26.7%). The vast majority were sponsored, with their husband being the most likely sponsor (N=5, 33.3%). Approximately 85% (N=11) of the family members are now Canadian citizens.

Demographics of Community Housing Family Members

The majority of family member respondents were female (N=13, 86.7%). Ages ranged from between 22 and 45 years, and the average age was 34 years. Most participants were married (N=12, 80.0%).

All respondents were of Punjabi descent and all were fluent in Punjabi. Other languages spoken include English (N=13, 33.3%), Hindi (N=10, 25.6%), and Urdu (N=1, 2.6%).

Two-thirds of respondents were currently employed and 40.0% had a household income between \$45,001 and \$50,000. Most respondents had either spent some time in college or university (N=4, 26.7%) or had a college or university degree (N=4, 26.7%).

All family members immigrated to Canada at the average age of 18.2 years. They have lived in Canada an average of 18.2 years. Most immigrated to Canada for a marriage (N=6, 40.0%), followed by to be with family members (N=4, 26.7%), or having to come with their parents (N=4, 26.7%). Participants were likely to be sponsored (N=11, 73.3%), mainly by their husband (N=5, 33.3%) or their father (N=3, 20.0%). Eight percent are now Canadian citizens.

FOCUS GROUP QUESTIONS – SOUTH ASIAN SENIORS HOUSING STUDY**KEY QUESTIONS:****1. EXISTING SERVICES**

- What support services does your organization offer to ethnic minority seniors?**
- What services are specifically available for South Asian seniors?**

Probe questions

- Let us talk about the needs among immigrant seniors and the efforts to meet those needs. What needs are being addressed by current services?

2. SUCCESSES, GAPS AND BARRIERS

- From your organization or group's experience, do you think you have been successful in reaching the South Asian population in the Lower Mainland, especially South Asian seniors? What are some of the successful activities/strategies?**
- What needs of seniors are currently overlooked?**
- Is there a need for congregate housing, supportive housing, assisted living and long-term care?**

Probe questions

What type of households do ethnic seniors/South Asian seniors live in -- live with adult children, live by themselves, live in supportive housing ? What would be the proportion in each type of household?

What has been your greatest disappointment with services for immigrant seniors/South Asian seniors?

3. STRATEGIES/ACTIONS TO IMPROVE SERVICES AND ACCESS

- **How do you think these problems can be reduced? New services provided?**
- **Who should fund these services? What role can the Government (Federal/provincial/city) play in improving service access for South Asian communities, especially seniors?**

Probe questions

- What is the clients' expectation about funding?
- How are volunteers involved in your organization?

- What additional information or resources do you need to reach South Asian seniors?
- Do service agencies cooperate with each other/work together to provide services? What cooperative efforts have been tried in the past?
- How would you measure success in terms of programs/service provision for immigrant seniors?

RESIDENT'S FAMILY MEMBER SURVEY
GURU NANAK NIWAS SURVEY
Simon Fraser University, Gerontology Research Centre

Resident Participant ID: _____

Family Member Participant ID: _____

Date: _____

Interview Start time: _____ a.m.
p.m.

Interview completion time: _____ a.m.
p.m.

Language of Interview 1 **Punjabi** 2 **Hindi** 3 **English**

99 **Other** (specify) _____

Demographics

(Legend: Don't Know = DK)

1. **Gender:** 1 Female 2 Male2. **Age:** _____ years (OR In what year were you born? _____)3. **Marital status:** 1 Married 2 Separated/divorced 3 Widowed 4 Never married4. **Ethnicity:** 1 South Asian – Punjabi 2 South Asian – Other5. **Relationship to study participant (older adult):**1 Son 2 Daughter-in-law3 Daughter 4 Son-in-law99 Other relative (specify) _____6a. **What is your mother tongue?** _____6b. **Fluent in Language(s)** 1 Punjabi 2 Hindi 3 English 4 Urdu99 Other _____7. **Primary life occupation:** _____8. **Are you currently working?** 1 Yes 2 No9. **What is your religion?** _____ No Religion 9 Can't Answer 0 No response10. **What was your highest level of education?**1 Less than Grade 9 5 Some college or university2 Some high school 6 College/university degree3 High school graduate 7 Post graduate degree4 Trade school/diploma 99 Other (specify _____)11. **What is your household income range (in dollars):**1 Below 10,000 6 30,001-35,0002 10,001-15,000 7 35,001-40,0003 15,001- 20,000 8 40,001-45,0004 20,001-25,000 10 45,001-50,0005 25,001-30,000 9 Can't Answer

12a. Where you born in Canada or did you immigrate to Canada?

- 1 Born in Canada (go to 16a)
 2 Immigrated to Canada (go to 12b)
 99 Other (specify) _____

12b. Ask if participant is an immigrant in Canada, **How long have you lived in Canada** (or what year did you come here)? _____years 9 Don't know

12c. How old were you when you immigrated to Canada? _____ years

13. Why did you immigrate to Canada? [Interviewer don't read the list. CHECK ALL THAT APPLY]

- 1 To be with family
 2 Marriage
 3 Employment/economic reasons
 4 Had to come with parents
 5 Way of life
 6 Political problems in South Asia
 99 Other (please specify) _____ 9 Can't Answer

14a. Did you come to Canada as an independent immigrant or were you sponsored?

[CHECK ONE]

- 1 Independent (go to Q 15)
 2 Spouse of family member of an independent immigrant (go to Q 15)
 3 Sponsored (go to Q 14b)
 99 Other [specify] _____ (go to Q 15)
 0 No response (go to Q 15)

14b. [If SPONSORED] **Who sponsored you?** [specify relationship, e.g., my father] _____

15. Are you a Canadian citizen now? 1 Yes 2 No

16a. Do you have other family members/relatives (besides sons/daughters and parents) **living in Vancouver or GVRD?** 1 Yes 2 No 9 DK

16b. If YES

How many other family members/relatives are living in Vancouver/GVRD? _____9 DK

16c. Who are these family members (please indicate the number of people in each category next to the category)

- 1 Brother 2 Sister-in-law 3 Sister 4 Brother-in-law
 5 Nephew 6 Niece 7 Uncle 8 Aunt 99 Other (specify) _____

16d. How often do you meet one or more of your other family members/relatives?

- 1 Everyday 2 2-3 times a week 3 Once / week 4 Once /2 weeks
 5 Once/ month 6 Rarely 7 Never 99 Other (specify) _____

Socio-Cultural Characteristics

17. At the present time, in terms of your ethnic identity, where would you locate yourself along this continuum (circle one number)? WHY?

- 1..... 2... 3..... 4..... 5..... 6... 7.. ... 8.... 9... 10
 mostly Canadian -----South Asian Canadian -----mostly South Asian
-
-
-

18. Thinking of your friends with whom you closely associate, which of the following statements best describes them?

- 1 Most of my friends are South Asian
 2 About half of my friends are South Asian
 3 Most of my friends are non-South Asian

19. What type of food makes up your regular diet?

- 1 Mostly South Asian
 2 Half South Asian and half North American/Western (i.e., at least one Indian meal per day)
 3 Mostly North American/Western (i.e., except special occasions)
 4 None of the above 9 Don't know 0 No response

20. If you had a choice between South Asian and non-South Asian/North American meals, which would you prefer?

- 1 Prefer South Asian meals
- 2 Prefer a combination of both South Asian and non-South Asian meals
- 3 Does not matter (i.e., no preference)
- 4 Prefer non-South Asian meals
- 5 None of the above 9 Don't know 0 No response

21a. Do you have a family physician who you call when you need medical care? 1 Yes 2 No
 99 Other (explain) _____

21b. If YES, which of the following best describes your family physician:

- 1 South Asian Canadian who speaks your dialect
- 2 South Asian Canadian who does not speak your dialect
- 3 South Asian Canadian who only speaks English
- 4 Non-South Asian-Canadian who speaks your dialect
- 5 Non-South Asian-Canadian who only speaks English
- 9 Don't know
- 0 No response

22. Now, for each of the following, please tell me how important you think each is for living in Canada. Please answer on a scale of 1 to 4, where 1 means "not at all important" and 4 means "very important." How important is each of the following to you for your life in Canada:

a. Having family and relatives close by

| | | | |
|--|----------------------------|----------------------------|----------------------------|
| Not at all Important | Very Important | Don't know | No Response |
| 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 9 <input type="checkbox"/> | 0 <input type="checkbox"/> |

b. Having friends from the same cultural background

| | | | |
|--|----------------------------|----------------------------|----------------------------|
| Not at all Important | Very Important | Don't know | No Response |
| 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 9 <input type="checkbox"/> | 0 <input type="checkbox"/> |

c. Feeling welcome in Canada

| | | | |
|--|----------------------------|----------------------------|----------------------------|
| Not at all Important | Very Important | Don't know | No Response |
| 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 9 <input type="checkbox"/> | 0 <input type="checkbox"/> |

d. Having Canadian-born friends

Not at all Important

1 2 3

Very Important

4

Don't know

9

No Response

0 **e. Knowing English**

Not at all Important

1 2 3

Very Important

4

Don't know

9

No Response

0 **23. I would like to ask you some questions about your day-to-day life. How frequently do you:****a. wear clothing that is distinctive to South Asia when you are outside your home?**

Never

 1

Occasionally

 2

Frequently

 3

All of the time

 4

Don't know

 9

No response

 0**b. eat food that is distinctive to South Asia?**

Never

 1

Occasionally

 2

Frequently

 3

All of the time

 4

Don't know

 9

No response

 0**c. celebrate holidays traditional to South Asia?**

Never

 1

Occasionally

 2

Frequently

 3

All of the time

 4

Don't know

 9

No response

 0**d. watch South Asian videos or movies?**

Never

 1

Occasionally

 2

Frequently

 3

All of the time

 4

Don't know

 9

No response

 0**e. listen to South Asian radio?**

Never

 1

Occasionally

 2

Frequently

 3

All of the time

 4

Don't know

 9

No response

 0**f. watch South Asian TV?**

Never

 1

Occasionally

 2

Frequently

 3

All of the time

 4

Don't know

 9

No response

 0**g. read local South Asian newspapers**

Never

 1

Occasionally

 2

Frequently

 3

All of the time

 4

Don't know

 9

No response

 0**h. visit South Asian internet web sites**

Never

 1

Occasionally

 2

Frequently

 3

All of the time

 4

Don't know

 9

No response

 0

i. listen to, view, or participate in South Asian music, dance or art

Never Occasionally Frequently All of the time Don't know No response
 1 2 3 4 9 0

j. speak your (native) language or dialect

Never Occasionally Frequently All of the time Don't know No response
 1 2 3 4 9 0

k. practice your religion

Never Occasionally Frequently All of the time Don't know No response
 1 2 3 4 9 0

24a. People who settle in a new country can have differing views of their national identity. Do you see yourself as: [only read responses 1-3]

- 1 More South Asian than Canadian?
 2 About equally South Asian and Canadian?
 3 More Canadian than South Asian?
 4 I don't see myself in these terms [volunteered]
 9 Don't know
 0 No response

24b. How do you think your children (living in Canada) think of themselves?

[Only read responses 1-3]

- 1 More South Asian than Canadian?
 2 About equally South Asian and Canadian?
 3 More Canadian than South Asian?
 4 They don't see themselves in these terms (volunteered)
 97 Not applicable (don't have children or children don't live in Canada)
 9 Don't know
 0 No response

24c. How do you think your parent / older adult relative (living in Canada) sees herself/himself?

[Only read responses 1-3]

- 1 More South Asian than Canadian?

- 2 About equally South Asian and Canadian?
 3 More Canadian than South Asian?
 4 They don't see themselves in these terms [volunteered]
 9 Don't know
 0 No response

25a. Think about how your relative's (study participant) life as an older person would be if she/he lived in South Asia today. How do you think her/his life would be if she/he lived in South Asia today?

- Very Poor Poor Fair Good Excellent No response Don't know
 1 2 3 4 5 0 9

25b. How do you feel their life is in Canada today?

- Very Poor Poor Fair Good Excellent No response Don't know
 1 2 3 4 5 0 9

Housing History and Living Arrangement

26. Why did you relative move to this housing complex? ? (CHECK ALL THAT APPLY)

- 1 Familiar neighborhood
 2 Service provider from my own ethnic group
 3 Staff and management speaks my language
 4 Other South Asian older adults living in the complex
 5 Close to other facilities and services
 6 Friends or relatives live here
 7 Children or relatives live nearby
 8 The cost
 10 Quality of the dwelling units
 11 Attractiveness of the project
 12 Recreational facilities and activities that are available
 13 Services available on the premises (please specify) _____
 99 Other (please specify) _____

27. Who helped her/him choose this housing complex?

- 1 Selected by herself/himself 2 Myself 3 His/her other children
 4 Spouse/ Partner 5 Other relatives 6 Friends
 98 Joint decision by multiple people (specify) _____
 99 Other (specify) _____ 9 Don't know

28. Who usually helps her/him make decisions about housing, financial matters?

(CHECK ALL THAT APPLY)

- 1 He/she does it alone 2 Myself 3 His/her other children
 4 Spouse/ Partner 5 Other relatives 6 Friends
 98 Joint decision by multiple people (specify) _____
 99 Other (specify) _____ 9 Don't know

29a. Where did your relative (study participant) live before?

- 1 Surrey 2 Delta 3 Another part of Greater Vancouver (specify) _____
 4 Another part of British Columbia 5 Another province 99 Other (specify) _____

29b. What type of housing did they live in?

- 1 Single detached house
 2 Semi-detached (duplex, triplex, fourplex)
 3 Townhouse
 4 High-rise apartment
 5 Low-rise apartment (3 storeys or less)
 6 Secondary suite (e.g. basement suite, in-law suite, above garage, etc.)
 7 Manufactured/mobile home
 99 Other (please specify) _____

29c. With whom were they living?

- 1 Lived alone 2 Lived with me 3 Lived with other children
 4 Lived with spouse 98 Lived with other relatives (please specify) _____
 99 Other (please specify) _____ 0 No response

30. Why did he/she decide to move out of that housing?

- 1 Dissatisfaction with neighborhood
 2 Difficulty looking after residence

- 3 Poor condition / maintenance of residence
- 4 Residence too large
- 5 Financial reasons
- 6 Change in health or physical strength
- 7 Needs or wishes of spouse
- 8 Death of spouse
- 10 Wished to be with others his/her age
- 11 Pressure from children or other relatives
- 12 Abuse or neglect in previous residence
- 13 Did not have any South Asian people living nearby
- 14 Did not have any South Asian services and amenities nearby
- 99 Other (please specify) _____
- 0 No response

31a. Where do you live now?

- 1 Surrey 2 Delta 3 Another part of Greater Vancouver (specify) _____
- 4 Another part of British Columbia 5 Another province 99 Other (specify) _____

31b How far is this housing complex from your home?

- 1 Less than 1 km 2 Between 1- 5 kms 3 Between 6-10 kms
- 4 11-15 kms 5 16-20 kms 6 20+ kms 9 Don't know

32a. Ideally, would you prefer a different living arrangement for her/him than what she/he has now?

- 1 Yes 2 No

32b. If YES, who would you prefer to he/she live with?

[Interviewer don't read. CHECK ALL THAT APPLY]

- 1 Family/Relatives
- 2 Non-relatives
- 3 Alone
- 99 Other (specify) _____

9 Don't know

33. What prevents them from having their preferred living arrangement?

[Interviewer don't read. You can use the following as probes. CHECK ALL THAT APPLY]

- 1 No relatives or friends to share household
 2 Too costly
 3 Health problems
 4 Don't want to be alone
 5 Language problems
 6 Cultural reasons (specify) _____
 99 Other (specify) _____
 9 Don't know

Social interaction and support system

34a. How often do you visit your relative(s) in Guru Nanak Niwas?

- 1 Daily 2 2-3 times a week 3 Once a week 4 Once every two weeks
 5 Once a month 6 Once in 2-3 months 99 Other (specify) _____

34b. How often does your relative visit you in your home?

- 1 Daily 2 2-3 times a week 3 Once a week 4 Once every two weeks
 5 Once a month 6 Once in 2-3 months 99 Other (specify) _____

35a. Do you assist or help your relative with any of her/his chores/errands/appointments?

- 1 Yes 2 No

35b. If YES, What type of chores/errands/appointments do you help them with?

- 1 Grocery shopping 2 Doctor's appointments 3 Shopping for non-perishable items
 4 Visiting family and friends 5 Attending religious service 6 Going to South Asian stores
 99 Other (specify) _____

35c. Who else participates in getting support services for your relative?

(WHERE THE IS DUAL CHOICE, CIRCLE THE PERSON MENTIONED)

- 1 My husband/wife 1 My children 3 My brother/sister
 4 No one else 99 Other (specify) _____

9 Don't know

36a. Do you and your older adult relative do any recreational activities together?

1 Yes 2 No

36b. If YES, What type of recreational activities do you do together?

36c. How often do you do these types of activities together?

1 Daily 2 2-3 times a week 3 Once a week 4 Once every two weeks
5 Once a month 6 Once in 2-3 months 99 Other (specify) _____

37a. Do you and your older adult relative attend religious gatherings or events together?

1 Yes 2 No

37b. How often do you attend religious events together?

1 Daily 2 2-3 times a week 3 Once a week 4 Once every two weeks
5 Once a month 6 Once in 2-3 months 99 Other (specify) _____

Housing Satisfaction

38. Before your relative moved to Guru Nanak Niwas, what did you think would be best about her/him living here?

39. What do you like best about his/here living here now?

40a. How do you like the idea of your relative living in housing that is for older adults only?

1 A lot 2 Somewhat 3 Not at all

40b. How do you like the idea that your relative is living in a housing that caters to older adults from your cultural background?

1 A lot 2 Somewhat 3 Not at all

41a. If it could be done over, would you still like your relative to move here? 1 Yes 2 No

41b. Why or why not?

42a. Does this housing complex allow your relative(s) to maintain those aspects of their culture that they wishes to keep, for example, worship, the foods they like to eat, seeing friends, listening to music?

1 Yes [Go toQ43] 2 No 9 Don't know 0 No response

42b. [If NO] What is it about this place that prevents her/him from maintaining her/his culture? [Interviewer don't read. Probe as necessary. CHECK ALL THAT APPLY]

- 1 restrictions regarding worship
- 2 restrictions regarding cooking
- 3 space limitations
- 4 difficulty entertaining/having visitors
- 99 Other (specify) _____
- 0 No response

43. What would you recommend to the staff/management over here that would help them to provide better services to your relative and others like her/him in this housing complex?

1 Nothing to recommend, I like it as it is

44. If at a future point in time, you find that it is extremely difficult for your relative (study participant) to live independently in Guru Nanak Niwas what would you do?

- 1 Help him/her to look for an assisted living facility or long-term care facility
- 2 Request them to move in with you
- 3 Help them to move in with another relative
- 4 Hire regular home-healthcare aide to assist them in this complex
- 99 Other (specify) _____

9 Don't know

0 No response

45. If your relative decided to move into an assisted living facility (i.e., a residence with some support services available on site) or long-term care facility how important is it to you that the facility be geared towards South Asian-Canadians?

1 Very important

2 Somewhat important

3 Not very important

4 Not at all important

9 Don't know

HOUSING DISCRIMINATION

People sometimes face discrimination while they are looking for housing or while they are living in a particular neighborhood. Now I want to ask you some questions related to housing discrimination.

46a. Have any acts of discrimination been directed to your family member while living in this neighborhood and this housing complex?

1 Yes 2 No [Go to Q47a] 9 Don't know [Go to 47a] 0 No response [Go to 47a]

46b. If YES, can you briefly describe one such incident? _____

46c. Has discrimination interfered with your relative's daily activities?

1 Yes 2 No [Go to Q47a] 9 Don't know [Go to 47a] 0 No response [Go to 47a]

46d. [If YES] How? _____

47a. Did you ever face discrimination while you were looking for housing to rent or buy?

1 Yes 2 No [Go to Q48] 9 Don't know [Go to 48] 0 No response [Go to 48]

47b. [If YES] How? _____

Housing complex, surrounding neighborhood and current living/dwelling unit

Now I will ask you specific questions related to the surrounding neighborhood and dwelling unit.

48. In choosing this residence for your relative, what was important about its location?

[CHECK ALL THAT APPLY]

- 1 Accessibility to transportation
- 2 Accessibility of services and amenities outside the project
- 3 Proximity to my own ethnic community
- 4 Proximity to my temple/church
- 5 Quality of the neighborhood
- 6 Safety and security
- 7 Proximity to family or friends
- 8 The view
- 99 Other (please specify) _____
- 9 Don't know
- 0 No response

49. How satisfied are you with the location of Guru Nanak Niwas, in terms of convenience for you? 1 Very satisfied 2 Somewhat satisfied 3 Not at all satisfied

50. How safe does your relative feel walking in this neighborhood during the day

- Very unsafe (1) (2) (3) (4) Very safe (5) N/A Doesn't walk outside (97)

51a What do you use most often for transportation to get to Guru Nanak Niwas?

- 1 Public transit [go to Q51b]
- 2 Own car [go to Q52]
- 3 Walk
- 4 Rides provided by friends, family or volunteers

99 Other (specify)_____

51b. Is there a public transportation stop (e.g., bus, sky train etc.) within easy walking distance (1/2 km) from this housing complex?

1 Yes 2 No 3 No public transit available in this area

52. How satisfied are you with the parking facilities for visitors?

1 Very satisfied 2 Somewhat satisfied 3 Not at all satisfied 97 NA – no parking

53. How safe do you and your relative feel in the following places in or near the housing complex?

| | Very Safe [1] | Moderately Safe [2] | Not Very Safe [3] | Not Applicable [97] |
|--|--------------------------|--------------------------------|------------------------------|--------------------------------|
| a. Inside relative’s home/unit | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| b. In the common areas of the housing | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| c. On the grounds of the housing complex | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| d. In the parking area | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| e. On the streets in this neighborhood | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

54a. Is it easy for you to get in and out the front door of Guru Nanak Niwas?

1 Yes [go to Q55a] 2 No

54b. If NO, please explain

55a. Is it easy or hard for you to find your way around in Guru Nanak Niwas?

1 Easy [go to Q56] 2 Hard [go to Q55b]

55b. If HARD, how could it be improved?

1 Signs 2 Better signs 3 More logical numbering system

99 Other (please specify)_____

56a. Are relevant services [e.g., community centre, doctor’s office, ethnic grocery store, library, etc.] available near this housing complex? 1 Yes 2 No

56b. If YES, what are these services and which one’s do you/your relatives use?

56c. If NO, what type of services would you like near this housing complex?

57. Information on (e.g. doctor's office, grocery, etc.) **community-based services**

- a. Are services available in your language 1 Yes 2 No
- b. Do service providers give information on their services at this complex 1 Yes 2 No
- c. Is available information on services easy to understand 97 NA 1 Yes 2 No
- d. Is assistance related to services available from staff/volunteers? 1 Yes 2 No

58. Do you participate in a housing or a similar committee within this housing complex?

- 1 Participate 2 Do not participate 97 NA – no opportunity for participation

59. How important is it to you to be involved in decisions that affect your relative's housing?

- 1 Very important 2 Somewhat important 3 Not at all important

60. Do you feel that your opinions are listened to at this housing complex?

- 1 Yes, my opinion is counted
- 2 I feel I have some influence
- 3 No, I don't feel listened to
- 4 I have no opportunity to contribute opinions
- 5 It does not matter to me
- 0 No response

61. How welcome do you feel going into the administrative area of Guru Nanak Niwas?

- 1 Very welcome 2 Somewhat welcome 3 Unwelcome 97 Not applicable

62. Are on-site staff courteous and helpful?

- 1 Yes 2 No

63. Are they knowledgeable and competent?

- 1 Yes 2 No

64. Do they speak your language? 1 Yes 2 No

65. Do they keep you well informed about your relative? 1 Yes 2 No

66a. Does the amenities and services your relative (study participant) receive within this complex support their everyday activities? 1 Yes 2 No

66b. If YES, please specify what is available and also mention any other additional services that you would like to have made available in Guru Nanak Niwas

66c. If NO, what type of services or amenities within the complex would be useful for your relative?

Accessibility

As people get older accessibility of the physical environment (e.g., wider doors, ramps, grab bars in bathrooms, levers to operate doors/windows, handrails for stairs, non-slippery floor surfaces, adequate lighting, glare free lighting, etc.) becomes an important aspect for them to help them live a safe and independent life.

67a. Do you think that Guru Nanak Niwas has adequate physical/environmental accessibility. 1 Adequate 2 somewhat adequate 3 Not at all adequate 9 Don't Know

67b. If you have selected SOMEWHAT ADEQUATE or NOT AT ALL ADEQUATE, please specify, why the housing complex is not adequate and what other features are needed to make it adequate for the older adults living in the complex

RESIDENT'S UNIT

68. What type of unit does your relative live in? (CHECK ONE ANSWER)

53. Personalization of participant's room:

- Much personalization Most of the furnishings and objects in the room belong to the individual; time and energy have been spent in personalizing the rooms

- Some personalization Participant has added personal objects such as rugs, pictures, chairs, favorite objects

- Little personalization Some family pictures or personal articles, but room does not seem to belong to individual

- No personalization No personalization is evident

54. Privacy of participant's room:

- Much privacy The participant has a separate room with total privacy. The door of the room can be closed when needed.

- Some privacy Participant has to share a room with a family member. Some privacy available when roommate is not around.

- No privacy Participant's living/sleeping area in a family/public area used by different family members (e.g., family room or living room), so not much privacy available in that space.

55. OVERALL ENVIRONMENTAL CHARACTERISTICS OF DWELLING

THANK YOU VERY MUCH FOR YOUR PARTICIPATION IN THIS STUDY.

GURU NANAK NIWAS HOUSING PROJECT

**HOUSING COMPLEX AND NEIGHBORHOOD
ARCHITECTURAL AND ENVIRONMENTAL CHECKLIST**

Date of data collection: _____

To be completed by research team

99 Other (specify) _____

6. Additional comments on the neighborhood context:

Rating of Overall Site

7. As a neighborhood for living, how does the area around this site look?

- 1 Attractive
2 Average
3 Unattractive (specify) _____

8. How attractive are the site grounds?

- 1 Very attractive (Very attractive landscaping or natural growth)
2 Average (Somewhat attractive, but ordinary landscaping)
3 Unattractive (Little or no landscaping; poorly laid out)

9. How well-maintained are the site grounds?

- 1 Very well-maintained (Shows signs of care/ maintenance; little or no weeds, clean paths)
2 Average (Relatively tidy but otherwise not notably maintained)
3 Poorly maintained (Shows signs of neglect; deteriorated, littered, weedy)

10. How well-maintained are the site buildings?

- 1 Well-maintained (Excellent maintenance; frequent upkeep)
2 Average (Relatively clean, but may show some deterioration on inspection)
3 Poorly maintained (Buildings are deteriorated and in disrepair)

Architectural Design

11. How attractive is the architectural design of the project?

- 1 Very attractive (Unique and attractive design)
2 Average (Design is adequate but unusually attractive)

20. Visible from the station of an employee? 1 Yes 2 No 97 N/A

21a. Barrier free? 1 Yes 2 No 97 N/A

If NO, 21b. What are the barriers? _____

22a. Is there outside seating in front of the building? 1 Yes 2 No (Skip to Q 23a).

If YES, is it:

22b. Visible from the entrance lobby? 1 Yes 2 No 97 N/A

22c. Visible from the station of an employee? 1 Yes 2 No 97 N/A

22d. Protected from the weather? 1 Yes 2 No

22e. Provided with a view of pedestrians, etc.? 1 Yes 2 No

23a. Is there a communal patio or courtyard or open space for the use of the residents?

1 Yes 2 No (skip to Q#24)

If YES:

23b. Is there seating for residents? 1 Yes 2 No

23c. Are tables available? 1 Yes 2 No

23d. Is the outdoor furniture in good condition? 1 Yes 2 No

23e. Is there a covered/rainproof area? 1 Yes 2 No

23f. Is there an area with protection from the sun? 1 Yes 2 No

23g. Is there a barbecue? 1 Yes 2 No

23h. Is there a greenhouse? 1 Yes 2 No

23i. Is there an area for residents to do gardening? 1 Yes 2 No

23j. Are there raised garden beds? 1 Yes 2 No

23k. Is there a lawn? 1 Yes 2 No

23l. Is there an landscaped area in which residents can sit or stroll? 1 Yes 2 No

23m. Is it accessible to people using wheelchairs or walkers? 1 Yes 2 No

24a. Are there other outdoor recreational amenities available? 1 Yes 2 No

24b. If YES, please elaborate:

With regard to the landscaping around the site:

25. Does it contain a variety of natural plantings? 1 Yes 2 No

26. Are the plantings appropriate for the area climate? 1 Yes 2 No

27. Are the plantings non-toxic? 1 Yes 2 No

28. Is there an area with soft ground cover? 1 Yes 2 No

29. Is there an are with hard ground cover? 1 Yes 2 No

30. Are there paths/walkways? 1 Yes 2 No

31. Are the tress and shrubs mature (i.e. established/large)? 1 Yes 2 No

32. Are there trees that provide a shaded area? 1 Yes 2 No

33. Is it attractive? 1 Yes 2 No

34. Is it well-maintained? 1 Yes 2 No

35. Are the gardens/grounds well-lighted at night? 1 Yes 2 No

36a. Is parking available: 1 Yes 2 No

36b. If YES, _____ # of spaces

36c. For residents? 1 Indoor 2 Outdoor 97 N/A, no parking for residents

36d. For handicapped? 1 Indoor 2 Outdoor 97 N/A, no handicapped parking

36e. For staff? 1 Indoor 2 Outdoor 97 N/A, no parking for staff

36f. For visitors? 1 Indoor 2 Outdoor 97 N/A, no parking for visitors

37. Is there parking well-lighted at night? 1 Yes 2 No 97 N/A, no parking

38. Additional comments on the exterior of the building, especially as it relates to the South Asian older adult tenants:

SECTION III: INTERIOR OF THE BUILDING

Part 1: Lobby and Entrance Area

At the entrance to the building:

39. Is there a bell or call system at the front entrance? 1 Yes 2 No

40. Is the front door open by a buzzer system in each suite? 1 Yes 2 No

41. Does the front door open automatically? 1 Yes 2 No

42. Does the front door swing closed by itself? 1 Yes 2 No

43. Is the front door wide enough for a wheelchair? 1 Yes 2 No

44. Is access to the building monitored? 1 Yes 2 No 97 N/A

45. Is there a reception area or reception desk? 1 Yes 2 No 97 N/A

46. Is there a place for visitors to sign in? 1 Yes 2 No 97 N/A

47. Is there an area for posters and notices? 1 Yes 2 No 97 N/A

48. Is there an adjacent room for a visiting doctor? 1 Yes 2 No 97 N/A

49. Is there a washroom nearby? 1 Yes 2 No

50. Is there a pick-up mail area? 1 Yes 2 No

51a. Does the building have a lobby? 1 Yes 2 No (skip to Q #52) 97 N/A

If YES:

51b. Is there seating in the lobby? 1 Yes 2 No 97 N/A

51c. Is there a large face clock in the lobby area? 1 Yes 2 No 97 N/A

51d. Approximately what size is the lobby? _____ m² 9 Don't know

52a. Is there a lounge near the entrance (other than the lobby)?

1 Yes 2 No (skip to Q #53) 97 N/A

If YES:

52b. Is the lounge furnished? 1 Yes 2 No 97 N/A

52c. Do the furnishings seem comfortable for residents? 1 Yes 2 No 97 N/A

52d. Is the décor attractive? 1 Yes 2 No 97 N/A

52e. Is the furnishings/finishes attractive but impersonal? 1 Yes 2 No 97 N/A

52f. Is the furnishings/finishes homelike? 1 Yes 2 No 97 N/A

52g. Does the décor reflect a South Asian theme? 1 Yes 2 No 97 N/A

53. Additional comments on the interior of the building (provide brief description of the décor, furniture, and color schemes and comment on their appropriateness for the South Asian tenants):

Part 2: Halls and Stairway Areas

54. How wide are the hallways in meters? _____

Are the hallways:

55. Crowded or obstructed? 1 Yes 2 No

56. Equipped with handrails? 1 Yes 2 No

57. Decorated, e.g. with pictures or plants? 1 Yes 2 No

58. Equipped with smoke detection devices? 1 Yes 2 No

59. Adequately lighted? 1 Yes 2 No

60. Attractive? 1 Yes 2 No

61a. Are there drinking fountains? 1 Yes 2 No 97 N/A

If YES:

61b. Are they accessible to wheelchair residents? 1 Yes 2 No 97 N/A

61c. How many are there per floor? _____ 97 N/A

62a. Are there public telephones? 1 Yes 2 No 97 N/A

If YES:

62b. Is there one accessible to wheelchair residents? 1 Yes 2 No 97 N/A

62c. Does one have volume control for the hard of hearing? 1 Yes 2 No 97 N/A

62d. Is there a writing surface by the telephone? 1 Yes 2 No 97 N/A

62e. Is there a public phone on every floor? 1 Yes 2 No 97 N/A

62f. How many public phones are there per floor? _____ 97 N/A

63a. Must any stairs be climbed in order to have access to any areas for common resident use?

1 Yes 2 No

63b. If YES, where are they located?

Including fire exit stairs:

64. Do the stairs look safe? 1 Yes 2 No

65. Are the stairs well lighted? 1 Yes 2 No

66. Are there nonskid surfaces on stairs and ramps? 1 Yes 2 No

67. Are there appropriate handrails? 1 Yes 2 No

68. Do the handrails contrast with the wall color? 1 Yes 2 No

69. Are there tactile warnings at changes in level? 1 Yes 2 No

For the ease of orientation within the building:

70. Is the building small and uncomplicated? 1 Yes 2 No

71. Is the floor/corridor adequately color-coded? 1 Yes 2 No 97 N/A

72. Is each floor adequately numbered? 1 Yes 2 No 97 N/A

73. Are residents' names on or next to their doors? 1 Yes 2 No 97 N/A

74. Does the building have easily readable signage? 1 Yes 2 No 97 N/A

75. Is way-finding easy? 1 Yes 2 No 97 N/A

76. Is there a bulletin board in a public location? 1 Yes 2 No 97 N/A

77. Is there as sound system or public address system? 1 Yes 2 No 97 N/A

78. Additional Comments on the hall and stairway areas:

Part 3: Communal and Recreational Areas

79. What kinds of communal rooms and recreational or special activity areas are there

(Check and complete only for the existing communal rooms)

Legend: Yes: Y; No: N

| | Size | Capacity | Wheelchair Accessible? | Additional comments e.g. equipment, etc. |
|---|------|----------|---|---|
| Social/common areas: | | | | |
| <input type="checkbox"/> (a) Main lounge | | | 1 <input type="checkbox"/> Y 2 <input type="checkbox"/> N | |
| <input type="checkbox"/> (b) TV lounge | | | 1 <input type="checkbox"/> Y 2 <input type="checkbox"/> N | |
| <input type="checkbox"/> (c) Dining room | | | 1 <input type="checkbox"/> Y 2 <input type="checkbox"/> N | |
| <input type="checkbox"/> (d) Communal Kitchen | | | 1 <input type="checkbox"/> Y 2 <input type="checkbox"/> N | |
| <input type="checkbox"/> (h) Prayer/meditation room | | | 1 <input type="checkbox"/> Y 2 <input type="checkbox"/> N | |
| <input type="checkbox"/> (i) Community room | | | 1 <input type="checkbox"/> Y 2 <input type="checkbox"/> N | |
| Recreational areas: | | | | |
| <input type="checkbox"/> (j) Library/reading room | | | 1 <input type="checkbox"/> Y 2 <input type="checkbox"/> N | |
| <input type="checkbox"/> (k) Music/listening room | | | 1 <input type="checkbox"/> Y 2 <input type="checkbox"/> N | |
| <input type="checkbox"/> (l) Games room | | | 1 <input type="checkbox"/> Y 2 <input type="checkbox"/> N | |

| | | | | |
|--|--|--|---|--|
| <input type="checkbox"/> (m) Exercise room | | | 1 <input type="checkbox"/> Y 2 <input type="checkbox"/> N | |
| <input type="checkbox"/> (n) Arts and crafts | | | 1 <input type="checkbox"/> Y 2 <input type="checkbox"/> N | |
| Special activity areas: | | | | |
| <input type="checkbox"/> (o) Doctor's room | | | 1 <input type="checkbox"/> Y 2 <input type="checkbox"/> N | |
| <input type="checkbox"/> (p) common laundry room | | | 1 <input type="checkbox"/> Y 2 <input type="checkbox"/> N | |
| <input type="checkbox"/> (q) computer room | | | 1 <input type="checkbox"/> Y 2 <input type="checkbox"/> N | |
| Other (specify): | | | | |
| <input type="checkbox"/> (r) | | | 1 <input type="checkbox"/> Y 2 <input type="checkbox"/> N | |
| <input type="checkbox"/> (s) | | | 1 <input type="checkbox"/> Y 2 <input type="checkbox"/> N | |
| <input type="checkbox"/> (t) | | | 1 <input type="checkbox"/> Y 2 <input type="checkbox"/> N | |
| <input type="checkbox"/> (u) | | | 1 <input type="checkbox"/> Y 2 <input type="checkbox"/> N | |

If YES is selected for any type of lounge in the above question, answer the following questions (if NO to all type of lounges, then skip to Q#97a):

80. Altogether, how many lounges are there? _____ 97 N/A

81. Where are the lounges located? 97 N/A

82. If the building is more than one story, are there lounges on each floor?

1 Yes 2 No 97 N/A

83a. Are the lounges accessible at all times? 1 Yes 2 No 97 N/A

83b. If any of the lounges are locked and not accessible at all times:

83c. Who holds the key? _____ 97 N/A

83d. When is it(they) accessible? _____ 97 N/A

Within the lounges:

84. Are there seating areas? 1 Yes 2 No 97 N/A

85. Are there folding tables? 1 Yes 2 No 97 N/A

86. Are there writing desks or tables? 1 Yes 2 No 97 N/A

- 87. Is reading material available on tables or shelves? 1 Yes 2 No 97 N/A
- 88. Are there table lamps? 1 Yes 2 No 97 N/A
- 89. Is furniture spaced wide enough for wheelchairs? 1 Yes 2 No 97 N/A
- 90. Is there a quiet lounge with no television? 1 Yes 2 No 97 N/A
- 91. Is the décor and furnishing home-like? 1 Yes 2 No 97 N/A
- 92. Is the lighting adequate? 1 Yes 2 No 97 N/A
- 93. Is there cupboard space? 1 Yes 2 No 97 N/A
- 94. Is there chair storage? 1 Yes 2 No 97 N/A
- 95. Are there washrooms nearby? 1 Yes 2 No 97 N/A

96. Additional comments on the lounge and community room areas:

97a. Are there any special or innovative features within any of the recreational areas?

1 Yes 2 No 97 N/A

97b. If YES, please describe:

98a. Where are the laundry facilities located? (CHECK ALL THAT APPLY).

| | # Washers | # Dryers |
|---|-----------|----------|
| 1 <input type="checkbox"/> a) One main laundry room on main floor | _____ | _____ |
| 2 <input type="checkbox"/> b) On each floor | _____ | _____ |
| 3 <input type="checkbox"/> c) On alternate floors | _____ | _____ |

99 d) Elsewhere (please specify): _____

98b. Are the laundry facilities easily accessible?

1 Yes 2 No

98c. Types of washers and dryers:

| | | |
|---------|--|--------------------------------------|
| Washers | <input type="checkbox"/> Front loading | <input type="checkbox"/> Top loading |
| Dryers | <input type="checkbox"/> Front loading | <input type="checkbox"/> Top loading |

Part5: Staff and Office Areas

99. Is there office space for:

- a. The administrative staff? 1 Yes 2 No 97 N/A
- b. The secretarial and clerical staff? 1 Yes 2 No 97 N/A
- c. Social services and counseling staff? 1 Yes 2 No 97 N/A
- d. Other staff, e.g. volunteers, part-time staff, etc.?
(Specify) _____ 1 Yes 2 No 97 N/A

100. Are there additional rooms for:

- a. Handling mail, copying, or printing? 1 Yes 2 No 97 N/A
- b. A conference room? 1 Yes 2 No 97 N/A
- c. A staff lounge? 1 Yes 2 No 97 N/A

101. Do these spaces function well? (Ask staff)

1 Yes 2 No 97 N/A

a. If NO, why not?

103. Additional comments on staff and office areas:

Part 6: Shared Bathroom and Toilet Areas

104. Are there any shared bathroom areas? 1 Yes 2 No (skip to Q # 111) 97 N/A

105. If YES, where in the housing complex are they located?

- | | All/Most | Some | Few/None | N/A |
|---|--|-------------------------------|---------------------------------|-------------------------------|
| 106. Are they wheelchair accessible? | <input type="checkbox"/> (1) | <input type="checkbox"/> (2) | <input type="checkbox"/> (3) | <input type="checkbox"/> (97) |
| 107. Do areas subject to wetness have non-slip surfaces? | <input type="checkbox"/> (1) | <input type="checkbox"/> (2) | <input type="checkbox"/> (3) | <input type="checkbox"/> (97) |
| 108a. Are there call buttons? | <input type="checkbox"/> (1) | <input type="checkbox"/> (2) | <input type="checkbox"/> (3) | <input type="checkbox"/> (97) |
| 108b. Are call buttons easily reached? | 1 <input type="checkbox"/> Yes | 2 <input type="checkbox"/> No | 97 <input type="checkbox"/> N/A | |
| 109. Is there adequate lighting? | <input type="checkbox"/> (1) | <input type="checkbox"/> (2) | <input type="checkbox"/> (3) | <input type="checkbox"/> (97) |
| 110. What kind of lighting is there in the shared bathroom areas? | 1 <input type="checkbox"/> Incandescent 2 <input type="checkbox"/> Fluorescent 3 <input type="checkbox"/> Daylight 97 <input type="checkbox"/> N/A | | | |

OVERALL ENVIRONMENTAL CHARACTERISTICS OF COMMON AREAS

Levels of illumination:

- Good Lighting: Brightly illuminated, but without glare; reading would be easy in all areas of the room
- Barely Adequate: Lighting is low; uneven or glaring; reading is difficult or possible in only certain areas of the room
- Inadequate lighting: Illumination is very low or glaring in most areas of the room; reading would be difficult or impossible

111. Ratings of levels of illumination in:

- | | Good | Adequate | Inadequate | Not Applicable (N/A) |
|--------------------------------|------------------------------|------------------------------|------------------------------|-------------------------------|
| a. The main lobby/sitting area | <input type="checkbox"/> (1) | <input type="checkbox"/> (2) | <input type="checkbox"/> (3) | <input type="checkbox"/> (97) |
| b. The lounge/sitting area | <input type="checkbox"/> (1) | <input type="checkbox"/> (2) | <input type="checkbox"/> (3) | <input type="checkbox"/> (97) |
| c. The hallways | <input type="checkbox"/> (1) | <input type="checkbox"/> (2) | <input type="checkbox"/> (3) | <input type="checkbox"/> (97) |

- d. Staircases (1) (2) (3) (97)
- e. Other activity areas (specify) (1) (2) (3) (97)

Noise Levels:

Quiet: Some sounds present, but reading would be easy
 Somewhat noisy: Many sounds present or occasional loud interruptions
 Very Noisy: Sounds are loud and distracting, e.g. sustained noise from buzzers, cleaning equipment, etc.

112. Ratings of levels of noise in:

| | Quiet | Somewhat noisy | Very noisy | N/A |
|-----------------------------------|------------------------------|------------------------------|------------------------------|-------------------------------|
| a. The main lobby/sitting area | <input type="checkbox"/> (1) | <input type="checkbox"/> (2) | <input type="checkbox"/> (3) | <input type="checkbox"/> (97) |
| b. The lounge/sitting area | <input type="checkbox"/> (1) | <input type="checkbox"/> (2) | <input type="checkbox"/> (3) | <input type="checkbox"/> (97) |
| c. The hallways | <input type="checkbox"/> (1) | <input type="checkbox"/> (2) | <input type="checkbox"/> (3) | <input type="checkbox"/> (97) |
| d. Staircases | <input type="checkbox"/> (1) | <input type="checkbox"/> (2) | <input type="checkbox"/> (3) | <input type="checkbox"/> (97) |
| f. Other activity areas (specify) | <input type="checkbox"/> (1) | <input type="checkbox"/> (2) | <input type="checkbox"/> (3) | <input type="checkbox"/> (97) |

Window Areas:

Many windows: Living space has large window areas, which give an open feeling
 Adequate windows: Windows are sufficient to allow good light; there is no closed-in feeling
 Few windows: Room tends to be dark, uneven on sunny days; there is a feeling of being closed-in
 No windows: There are no windows, or the windows are non-functional

113a. Ratings of window areas in:

| | Many | Adequate | Few | None | N/A |
|-----------------------------------|------------------------------|------------------------------|------------------------------|------------------------------|-------------------------------|
| a. The main lobby/sitting area | <input type="checkbox"/> (1) | <input type="checkbox"/> (2) | <input type="checkbox"/> (3) | <input type="checkbox"/> (4) | <input type="checkbox"/> (97) |
| b. The lounge/sitting area | <input type="checkbox"/> (1) | <input type="checkbox"/> (2) | <input type="checkbox"/> (3) | <input type="checkbox"/> (4) | <input type="checkbox"/> (97) |
| c. The hallways | <input type="checkbox"/> (1) | <input type="checkbox"/> (2) | <input type="checkbox"/> (3) | <input type="checkbox"/> (4) | <input type="checkbox"/> (97) |
| d. Staircases | <input type="checkbox"/> (1) | <input type="checkbox"/> (2) | <input type="checkbox"/> (3) | <input type="checkbox"/> (4) | <input type="checkbox"/> (97) |
| e. Other activity areas (specify) | <input type="checkbox"/> (1) | <input type="checkbox"/> (2) | <input type="checkbox"/> (3) | <input type="checkbox"/> (4) | <input type="checkbox"/> (97) |

113b. Can the residents (especially in seated position) easily view the exterior for the windows in the above mentioned areas?

1 Yes 2 No 97 N/A

113c. If NO, Which areas have windows that do not allow views of the exterior when people are seated?

CONCLUDING RATING: RESIDENTS' UNITS

114. Variation in design of residents' units:

- | | |
|---|--|
| 1 <input type="checkbox"/> Distinct variation | As if effort was made to vary style and décor from room to room |
| 2 <input type="checkbox"/> Moderate variation | Rooms/apartments are distinct, but there is a general décor throughout |
| 3 <input type="checkbox"/> Nearly identical | Some variation in size, shape, and furniture arrangement; not noticeable unless looked for |
| 97 <input type="checkbox"/> Not applicable | |

115. Personalization of resident's units:

- | | |
|---|---|
| 1 <input type="checkbox"/> Much personalization | Most of the furnishings and objects in the rooms belong to the individual; time and energy have been spent in personalizing the rooms |
| 2 <input type="checkbox"/> Some personalization | Residents have added personal objects such as rugs, pictures, chairs, favorite objects |
| 3 <input type="checkbox"/> Little personalization | Some family pictures or personal articles, but room does not seem to belong to individual |
| 4 <input type="checkbox"/> No personalization | No personalization is evident |

116. Personalization of entryways to residents' units:

- | | |
|---|--|
| 1 <input type="checkbox"/> Much personalization | Distinctly different treatment of each entryway; decorated with different personal objects |
| 2 <input type="checkbox"/> Some personalization | e.g. Doorways painted different colors ;individualized nameplates to identify resident |
| 3 <input type="checkbox"/> Little personalization | e.g. Some variation in color schemes, or nameplates only |
| 4 <input type="checkbox"/> No personalization | No personalization is evident |

CONCLUDING RATING: PROJECT OVERALL**117. Overall distinctiveness of design and character, and cultural appropriateness of the housing complex as it relates to the South Asian culture:**

- 1 Much distinctiveness A concerted effort has been made to vary the décor from room to room, effort made to include South Asian features in design. The overall character of the complex is culturally appropriate for the South Asian residents.
- 2 Moderate distinctiveness Furnishings vary from room to room, but the overall room design is the same; wall texture and floor coverings show little variation
- 3 Little distinctiveness Institutional appearances; most areas are quite similar, as in hospital (without furniture, all rooms look similar)
- 97 Not applicable

**GURU NANAK NIWAS
PROJECT HISTORY AND MANAGEMENT**

This questionnaire is for the project administrator, board members, developer and PICS staff members working at the Guru Nanak Niwas Independent housing complex and other individuals knowledgeable with respect to the history of the project.

Respondent's name:
Respondent's position:
Years/Months of service at current position:
Date:

Respondent's name:
Respondent's position:
Years/Months of service at current position:
Date:

Respondent's name:
Respondent's position:
Years/Months of service at current position:
Date:

Project Development History

1. How long has the Guru Nanak Niwas been in operation _____

2. In what year did planning for this project begin _____

3. What type of sponsoring organization does the project have:

- 1 Private
- 2 Public
- 3 Not for profit
- 99 Other

4. Is this project affiliated with any other organizations? 1 Yes 2 No

If YES, (please specify) _____

5. Does the organization have a Board of Directors? 1 Yes 2 No

6. Why did you decide to build an independent living facility targeted towards South Asian older adults?

Financial Data

7. What was the total estimate for the project, including land, construction and consultant fees? \$ _____

8. What was the approximate cost of the following components of the project?

- a) Land \$ _____
- b) Building construction costs \$ _____
- c) Consultant fees \$ _____
- d) Start-up, marketing, etc. \$ _____
- e) Other \$ _____

f) Total development cost \$ _____

9. What type of financing did you use? (CHECK ALL THAT APPLY)

1 a) Government funding or subsidy

If this project received government funding please specify:

i) Amount _____

ii) What type of funding did you receive? Annual One time funding

iii) If this funding is ANNUAL, that is, over multiple years please specify the amount per year and the number of years of funding

ii) Source of funding (e.g, BC Housing, etc.)

iii) Conditions of funding _____

2 b) Donations (e.g.

i) Amount _____

ii) Source(s) _____

3 c) Loan or mortgage

i) Amount _____ ii) Source _____

iii) Repayment period _____

4 d) Other (please specify)

i) Amount _____ ii) Source(s) _____

Site Location, Land Acquisition and Project Planning

10. Why did you pick this site?

11. How was the land acquired? (e.g., donated, purchased, leased, etc.)

12a. Was a needs assessment ever conducted for this project? 1 Yes 2 No

12b. If YES, please describe (e.g., when and how was it done).

13. Project Development Timetable

| | Start Date ⁽¹⁾ (month/year) | Finish Date ⁽²⁾ (month/year) |
|--------------------------------------|--|---|
| a) Pre-design planning stage | _____ | _____ |
| b) Securing financing/mortgage stage | _____ | _____ |
| c) Design stage | _____ | _____ |
| d) Rezoning | _____ | _____ |
| e) Development permit | _____ | _____ |
| f) Building permit | _____ | _____ |
| g) Contract tendering | _____ | _____ |
| h) Construction | _____ | _____ |

Government Approvals

14. What municipal, provincial, or federal departments/agencies were dealt with in the development of this project?

| Municipal departments | Provincial Ministries or Agencies | Federal Agencies |
|-----------------------|--------------------------------------|------------------|
| a) _____ | _____ | _____ |
| b) _____ | _____ | _____ |

c) _____

15. Who represented your organization in meetings/negotiations/applications with the municipality/jurisdiction responsible for this project?

16. Which of the following municipal approvals were required for this project?

- 1 a) Development permit
- 2 b) Rezoning
 If REZONED, Previous Zoning _____ Current Zoning _____
- 3 c) Building permit
- 99 d) Other (please specify) _____

Neighborhood Context

17. Are the following community services located within easy walking distance of the housing complex (+/- 1/2 km)?

| | If present: Wheelchair Accessible? | Not Applicable |
|--|--|------------------------------|
| <input type="checkbox"/> a) Supermarket | <input type="checkbox"/> (1) | <input type="checkbox"/> (2) |
| <input type="checkbox"/> b) Convenience store | <input type="checkbox"/> (1) | <input type="checkbox"/> (2) |
| <input type="checkbox"/> c) Public transportation stop | <input type="checkbox"/> (1) | <input type="checkbox"/> (2) |
| <input type="checkbox"/> d) ethno-specific grocery/ retail outlet (e.g., South Asian grocery store) | <input type="checkbox"/> (1) | <input type="checkbox"/> (2) |
| <input type="checkbox"/> e) Temple/mosque/church | <input type="checkbox"/> (1) | <input type="checkbox"/> (2) |

| | | |
|---|------------------------------|------------------------------|
| <input type="checkbox"/> f) doctor's office where Punjabi/Hindi is understood | <input type="checkbox"/> (1) | <input type="checkbox"/> (2) |
| <input type="checkbox"/> g) ethno-specific restaurants | <input type="checkbox"/> (1) | <input type="checkbox"/> (2) |

18. On-Site Services

- 1 a) Community room
- 2 b) TV lounge
- 3 c) Computer room
- 4 d) Library
- 5 e) prayer room/ chapel
- 6 f) Doctor's/Dentist office
- 7 g) Laundry room
- 8 h) Games/ recreation room
- 99 i) Other (please specify) _____

Resident Selection/Eligibility

19. What are the resident eligibility criteria for the following categories:

a. Age:

b. Physical and psychological health:

c. Level of independence:

d. Financial status:

e. Behavior:

f. Ethnicity:

g. Other:

20. Is there an orientation program for new residents? 1 Yes 2 No

21. Is there a handbook for residents regarding rules, emergency procedures, etc.? 1 Yes 2 No

22. Is there a waiting list for potential residents? 1 Yes 2 No

23. How many residents do you have at present ? _____

24. How many of your residents are of South Asian origin? # _____ % _____

Management and Operations

25. What are the approximate annual costs for each of the following?

- a. Mortgage payment \$ _____
- b. Taxes \$ _____
- c. Insurance \$ _____
- d. Salaries and benefits \$ _____
- e. Utilities \$ _____
- f. Supplies and services \$ _____
- g. Maintenance and repairs \$ _____
- h. Other \$ _____
- i. **TOTAL OPERATING /MAINTENANCE COSTS** \$ _____

Comments: _____

26. What ongoing sources of income does the project receive?

- 1 Rent
- 2 Government subsidies

- 3 Maintenance fees
- 4 Fees for specific services, e.g. meals
- 5 Donations
- 6 Fund-raising e.g. bingo, lotteries, casinos
- 99 Other (specify) _____

27. Who has the overall responsibility for managing the operation of the project?

28. Does the project have a board of directors? 1 Yes 2 No

29. How many staff members are there in each of the following positions?

(Indicate number of full-time and part-time)

N/A – not applicable (check when that type of staff member is not available at the housing complex)

- | | | |
|--|-------|------------------------------|
| a. On site administrators/managers | _____ | <input type="checkbox"/> N/A |
| b. Nurse's aides/attendants | _____ | <input type="checkbox"/> N/A |
| c. Physicians | _____ | <input type="checkbox"/> N/A |
| d. Psychologists and psychiatrists | _____ | <input type="checkbox"/> N/A |
| e. Social workers | _____ | <input type="checkbox"/> N/A |
| f. Occupational or physical therapists | _____ | <input type="checkbox"/> N/A |
| g. Activity director | _____ | <input type="checkbox"/> N/A |
| h. Clergy or religious counselors | _____ | <input type="checkbox"/> N/A |
| i. Office assistants or secretaries | _____ | <input type="checkbox"/> N/A |
| j. Superintendent | _____ | <input type="checkbox"/> N/A |
| k. Janitorial and maintenance workers | _____ | <input type="checkbox"/> N/A |
| l. Day guards/security | _____ | <input type="checkbox"/> N/A |
| m. Night guards/security | _____ | <input type="checkbox"/> N/A |
| n. Nutritionists/dieticians | _____ | <input type="checkbox"/> N/A |
| o. Cooks and kitchen staff | _____ | <input type="checkbox"/> N/A |

p. Other (please specify) _____ N/A

Does the project have:

30. An orientation program for new staff? 1 Yes 2 No

31. A policy and procedures manual for staff? 1 Yes 2 No

32. Formal staff meetings? 1 Yes 2 No

33. Do any staff regularly attend Board meetings? 1 Yes 2 No

34a. Are any services contracted out? 1 Yes 2 No

34b. If YES, specify:

35. Do residents have regular meetings? 1 Yes 2 No

36a. Are there any residents committees? 1 Yes 2 No

36b. If YES, what are the committees?

37. What type of conflict resolution strategies do you use with your tenants when you are approached with problems between two or more tenants?

38a. Did you have to evict any tenants after you started operating and managing this facility? 1 Yes 2 No

38b. If YES, why did you have to evict the tenant(s)?

39a. Do you provide specific services targeted to South Asian older adults?

1 Yes 2 No

39b. If YES, What are these services/amenities?

40a. How well does your facility/building function in terms of culturally supporting a South Asian way of life?

1 Very supportive 2 Somewhat supportive 3 Somewhat unsupportive 4 Very unsupportive

40b. If UNSUPPORTIVE, Why do you think the environment is unsupportive of the South Asian tenants? How can this be changed to better address their needs?

40c. If SUPPORTIVE, what do you think is working well for the South Asian older adults in your housing complex?

41a. Have you faced any specific design related problems after the housing complex was built (e.g., need to install grab bars, inadequate width of corridors, construction related problems, leakages, etc.)?

1 Yes 2 No

41b. If YES, What were these problems and how did you address them?

GURU NANAK NIWAS

**RESIDENTS' UNIT
ARCHITECTURAL AND ENVIRONMENTAL CHECKLIST**

Participant ID:_____

Date:_____

RESIDENTS' UNITS**1. Type of unit:**

- 1 One bedroom
 2 Two bedroom
 99 Other (specify): _____

2. Note where unit is located within the building: e.g. floor level, proximity to elevators, etc.

Kitchen**3. Dimensions of the kitchen:**

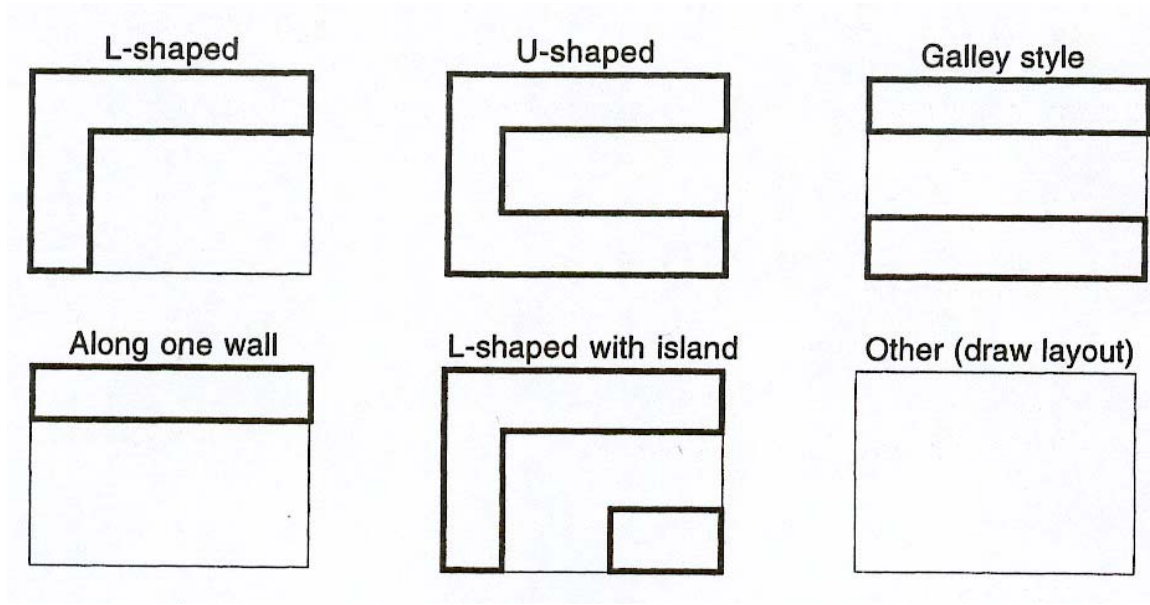
a) Width: _____ b) Length: _____

4. Are the kitchen dimensions sufficient to allow full use of the appliances (e.g. does the refrigerator open wide enough to allow shelves to be pulled out)?

1 Yes 2 No

5. What type of layout does the kitchen have? (See diagrams below)

- 1 L-shaped 2 U-shaped
 3 Walk-through/gallery style 4 Along one wall
 5 L-shaped with island 99 Other (specify) _____



6a. Is there a work area in the kitchen that can be used while seated? 1 Yes 2 No

6b. If YES, describe:

7. Is there a place in the kitchen for the resident to sit and eat? 1 Yes 2 No

8a. Is there a full height pantry cupboard? 1 Yes 2 No

8b. If YES, what type door does it have:

1 Bi-fold 2 Swing 3 Sliding 4 Manifold 5 None

9. What is the height of the top shelf above the floor in the cupboards over counter?

_____ inches (_____ cm)

10. Are the shelves: 1 Adjustable 2 Fixed

11. What is the height of the lowest shelf from the floor? _____ inches (_____ cm)

12. Type of shelf in cupboards under counter:

1 Fixed

- 2 Pull-out type
 3 Lazy Susan
 4 No shelf
 99 Other (please specify): _____

13. What type of door hardware do the kitchen cupboards have?

- 1 Knobs
 2 Pull handles
 3 Levers
 4 Magnetic push closer
 5 None/concealed grooves
 99 Other (specify): _____

The kitchen sink:

14. Is there a light over the kitchen sink? 1 Yes 2 No

15. Is there knee space under the kitchen sink? 1 Yes 2 No

16. If there is knee space under the kitchen sink, what is the width? _____ inches _____ cms

17a. Is the underside of the sink and plumbing enclosed? 1 Yes 2 No

17b. Does the pipes under the sink have insulation or any other type of protection?

1 Yes 2 No

18. What type of faucets does the kitchen sink have?

- 1 Lever-type (hot and cold separate)
 2 Lever-type (hot and cold combined)
 3 Knob-type with projections
 4 Knob-type without projections
 5 Diamond-shaped
 99 Other type (specify) _____

Appliances

19. Type of stove:

- 1 Electric 2 Gas 3 No stove 4 Microwave oven

- 41a. Are there any grab bars other than those mentioned? 1 Yes 2 No
- 41b. If YES, specify were: _____
- 42a. Is the toilet paper holder mounted next to the toilet? 1 Yes 2 No
- 42b. If NO, where is it located? _____
43. Is there a heat lamp in the ceiling? 1 Yes 2 No
- 44a. Is there a medicine cabinet in the bathroom? 1 Yes 2 No (skip to Q45)
- If YES: 44b. Is the medicine cabinet recessed into the wall? 1 Yes 2 No
- 44c. Does the cabinet have sliding doors? 1 Yes 2 No
- 44d. Does the cabinet have glass shelves? 1 Yes 2 No
45. What is the height of the toilet? _____ inches (_____ cm)
46. Does the bathroom have transfer space to/from toilets (for wheelchairs) ? 1 Yes 2 No
47. What height is the wash basin mounted at? _____ inches (_____ cm)
48. Type of faucets in the wash basin:
- 1 Lever-type (hot and cold separate) 2 Lever-type (hot and cold combined)
3 Knob-type without projections 4 Knob-type with projections
49. Type of faucets in the bathtub/shower space:
- 1 Lever-type (hot and cold separate) 2 Lever-type (hot and cold combined)
3 Knob-type without projections 4 Knob-type with projections

Balconies:

- 50a. Does the unit have a balcony: 1 Yes 2 No (skip to Q#52)

If YES, 50b. balcony type:

- 1 The balcony is big enough for a table and chairs
2 The balcony that is only wide enough to sit on
3 The balcony only permits opening the door

50b. Where is the balcony/patio door?

- 1 Off the living room 2 Off the kitchen 3 Off the bedroom

50d. Dimensions of the balcony: Width: _____ Length _____

51a. Are there any barriers to accessing the balcony? 1 Yes 2 No

51b. If YES, What are these barriers? _____

Electrical outlets

52. In rooms other than the kitchen / bathroom, what height are the electrical outlets located at?

_____ inches (_____ cm)

Windows

53. Is there a window sill that is 30" (76cm) or less from the floor? 1 Yes 2 No

54. What type of opening mechanism do the windows have? CHECK ALL THAT APPLY.

- 1 Sliding 2 Double-hung
 3 Casement 4 Windows do not open
 5 Awning window (hinges at top) 6 Sliding or French doors

55. What kind of hardware do the doors have?

- 1 Round knobs 2 Lever handles 3 Pull on sliding door
 99 Other (specify): _____

Environmental Controls/ Heating and Ventilation

Does the unit have:

56. Individual heating controls? 1 Yes 2 No

57a. Air conditioning? 1 Yes 2 No

57b. Individual air-conditioning controls? 1 Yes 2 No

58. Smoke detection devices? 1 Yes 2 No

59. Does the unit have an intercom connecting it to the:

- 1 Front desk 2 Front door 99 Other (specify) _____ 3 No intercom

60. Where in the unit are emergency call buttons located?

- 1 Bathroom 2 Kitchen 3 Living room 4 Bedroom 5 No emergency call button
 99 Other (specify) _____

Table A

| | 61. Kitchen | 62. Dining Room | 63. Living room | 64. Bed- room | 65. Full Bath | 66. Half Bath | 67. Other (specify) |
|---|---|---|---|---|---|---|---|
| a. Is this room included in this home? | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No |
| b. Is this room large enough? | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No |
| c. Does it have sufficient artificial lighting? | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No |
| e. Does this room have enough storage space? | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No |

END OF OBSERVATIONAL INVENTORY OF RESIDENT'S UNIT

GURU NANAK NIWAS RESIDENT SURVEY

Simon Fraser University, Gerontology Research Centre

Participant ID: _____

Date: _____

Interview Start time: _____ a.m.
p.m.

Interview completion time: _____ a.m.
p.m.

Language of Interview 1 **Punjabi** 2 **Hindi** 3 **English**

99 **Other** (specify) _____

Demographics

(Legend: Don't Know = DK)

1. Gender: 1 Female 2 Male**2. Age:** _____ years (OR In what year were you born? _____)**Marital status:** 1 Married 2 Separated/divorced 3 Widowed 4 Never married**Ethnicity:** 1 South Asian – Punjabi 2 South Asian – Other**5a. What is your mother tongue?** _____**5b. Fluent in Language(s)** 1 Punjabi 2 Hindi 3 English 4 Urdu
99 Other _____**6. Primary life occupation:** _____**7. Are you currently working?** 1 Yes 2 No**8. What is your religion?** _____ No Religion 9 Can't Answer 0 No response**9. What was your highest level of education?**

- | | |
|---|---|
| 1 <input type="checkbox"/> Less than Grade 9 | 5 <input type="checkbox"/> Some college or university |
| 2 <input type="checkbox"/> Some high school | 6 <input type="checkbox"/> College/university degree |
| 3 <input type="checkbox"/> High school graduate | 7 <input type="checkbox"/> Post graduate degree |
| 4 <input type="checkbox"/> Trade school/diploma | 99 <input type="checkbox"/> Other (specify _____) |

10. How would you rate your health compared to others your age?

- 1
-
- Excellent 2
-
- Good 3
-
- Fair 4
-
- Poor 5
-
- Very poor 9
-
- DK

11. Are you limited by your health in daily activities such as walking up and down stairs?

- 1
-
- Yes 2
-
- No

12. Do you use any of the following mobility aids:

- 1
-
- Wheelchair 2
-
- Walker 3
-
- Scooter 4
-
- Cane
-
- 99
-
- Other (specify) _____ 5
-
- None of the above

13. What is your household income range (in dollars):

- 1 Below 10,000
- 2 10,001-15,000
- 3 15,001- 20,000
- 4 20,001-25,000
- 5 25,001-30,000
- 6 30,001-35,000
- 7 35,001-40,000
- 8 40,001-45,000
- 10 45,001-50,000
- 9 Can't Answer

14a. How long have you lived in Canada (or What year did you come here)? _____ years 9 DK

14b. How old were you when you immigrated to Canada? _____ years

15. Why did you immigrate to Canada? [Interviewer don't read the list. CHECK ALL THAT APPLY]

- 1 To be with family
- 2 Marriage
- 3 Employment/economic reasons
- 4 To help my children (or other family members)
- 5 Way of life
- 6 Political problems in South Asia
- 99 Other (please specify) _____
- 9 Can't Answer

16a. Did you come to Canada as an independent immigrant or were you sponsored?

[CHECK ONE]

- 1 Independent (go to Q 17)
- 2 Spouse of family member of an independent immigrant (go to Q 17)
- 3 Sponsored (go to Q 16b)
- 99 Other [specify] _____ (go to Q 17)
- 0 No response (go to Q 17)

16b. [If SPONSORED] Who sponsored you? [specify relationship, e.g., my son] _____

17. Are you a Canadian citizen now? 1 Yes 2 No

18. How many sons and daughters do you have that are alive today?

_____ Sons _____ Daughters No Sons or Daughters (go to Q21a)

19a. Would you please tell me your sons' ages (approximate) and where they currently live?

| Sons | Age | Vancouver/ GVRD | Elsewhere in BC | Elsewhere in Canada or US | South Asia | Other |
|--------------------------|-------|----------------------------|----------------------------|------------------------------|----------------------------|-----------------------------|
| 1 st (oldest) | _____ | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 99 <input type="checkbox"/> |

| | | | | | | |
|-----------------|-------|----------------------------|----------------------------|----------------------------|----------------------------|-----------------------------|
| 2 nd | _____ | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 99 <input type="checkbox"/> |
| 3 rd | _____ | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 99 <input type="checkbox"/> |
| 4 th | _____ | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 99 <input type="checkbox"/> |
| 5 th | _____ | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 99 <input type="checkbox"/> |
| 6 th | _____ | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 99 <input type="checkbox"/> |

19b. Would you please tell me your daughters' ages (approximate) and where they currently live?

| Daughters Age | Vancouver/ GVRD | Elsewhere in BC | Elsewhere in Canada or US | South Asia | Other |
|--------------------------------|----------------------------|----------------------------|------------------------------|----------------------------|-----------------------------|
| 1 st (oldest) _____ | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 99 <input type="checkbox"/> |
| 2 nd _____ | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 99 <input type="checkbox"/> |
| 3 rd _____ | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 99 <input type="checkbox"/> |
| 4 th _____ | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 99 <input type="checkbox"/> |
| 5 th _____ | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 99 <input type="checkbox"/> |
| 6 th _____ | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 99 <input type="checkbox"/> |

20a. How many grandchildren do you have? _____ 9 DK

20b. How many grandchildren do you have living in Vancouver/GVRD? _____ 9 DK

20c. How often do you meet one or more of your children or grandchildren?

25. If you had a choice between South Asian and non-South Asian/North American meals, which would you prefer?

- 1 Prefer South Asian meals
 2 Prefer a combination of both South Asian and non-South Asian meals
 3 Does not matter (i.e., no preference)
 4 Prefer non-South Asian meals
 5 None of the above
 9 Don't know
 0 No response

26a. Do you have a family physician who you call when you need medical care? 1 Yes 2 No

99 Other (explain) _____

26b. If YES, which of the following best describes your family physician:

- 1 South Asian Canadian who speaks your dialect
 2 South Asian Canadian who does not speak your dialect
 3 South Asian Canadian who only speaks English
 4 Non-South Asian-Canadian who speaks your dialect
 5 Non-South Asian-Canadian who only speaks English
 9 Don't know
 0 No response

27. If at a future point in time, you find it extremely difficult to live independently in this housing complex and decide to move into an assisted living facility (i.e., a residence with some support services available on site), how important is it to you that the facility be South Asian-Canadian?

- 4 Very important
 3 Somewhat important
 2 Not very important
 1 Not at all important
 9 Don't know

28. Now, for each of the following, please tell me how important you think each is for living in Canada. Please answer on a scale of 1 to 4, where 1 means "not at all important" and 4 means "very important." How important is each of the following to you for your life in Canada:

1 2 3 4 9 0

e. listen to South Asian radio?

Never Occasionally Frequently All of the time Don't know No response
 1 2 3 4 9 0

f. watch South Asian TV?

Never Occasionally Frequently All of the time Don't know No response
 1 2 3 4 9 0

g. read local South Asian newspapers

Never Occasionally Frequently All of the time Don't know No response
 1 2 3 4 9 0

h. visit South Asian internet web sites

Never Occasionally Frequently All of the time Don't know No response
 1 2 3 4 9 0

i. listen to, view, or participate in South Asian music, dance or art

Never Occasionally Frequently All of the time Don't know No response
 1 2 3 4 9 0

j. speak your (native) language or dialect

Never Occasionally Frequently All of the time Don't know No response
 1 2 3 4 9 0

k. practice your religion

Never Occasionally Frequently All of the time Don't know No response
 1 2 3 4 9 0

31a. People who settle in a new country can have differing views of their national identity. Do you see yourself as: [only read responses 1-3]

1 More South Asian than Canadian?

2 About equally South Asian and Canadian?

3 More Canadian than South Asian?

4 I don't see myself in these terms [volunteered]

9 Don't know

0 No response

31b. How do you think your children (living in Canada) think of themselves?

[Only read responses 1-3]

- 1 More South Asian than Canadian?
 2 About equally South Asian and Canadian?
 3 More Canadian than South Asian?
- 4 They don't see themselves in these terms (volunteered)
 5 Not applicable (don't have children or children don't live in Canada)
 9 Don't know
 0 No response

31c. How do you think your grandchildren (living in Canada) see themselves?

[Only read responses 1-3]

- 1 More South Asian than Canadian?
 2 About equally South Asian and Canadian?
 3 More Canadian than South Asian?
- 4 They don't see themselves in these terms [volunteered]
 5 Not applicable (don't have grandchildren or grandchildren don't live in Canada)
 9 Don't know
 0 No response

32a. To what extent do you feel free from racism in Canada?

| | | | | | |
|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| Never | Occasionally | Frequently | All of the time | Don't know | No response |
| <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 9 | <input type="checkbox"/> 0 |

32b. Why?

Let me ask you some questions about life as an older person and as an immigrant living in Canada.

33a. Think about how your life as an older person would be if you lived in South Asia today. How do you think your life would be if you lived in South Asia today?

Very Poor Poor Fair Good Excellent No response Don't know
 1 2 3 4 5 0 9

33b. How do you feel life is for you in Canada today?

Very Poor Poor Fair Good Excellent No response Don't know
 1 2 3 4 5 0 9

Personal Housing History and Living Arrangement

34. Where did you live immediately before moving here? ? (CHECK ONE ANSWER)

- 1 In this town/city
 2 In an area surrounding this town/city
 3 Elsewhere in the province
 98 In another province (please specify) _____
 99 In another country (please specify) _____

35. What type of housing did you live in immediately before moving here?

(CHECK ONE ANSWER)

- 1 Single detached house
 2 Semi-detached (duplex, triplex, fourplex)
 3 Townhouse
 4 High-rise apartment
 5 Low-rise apartment (3 storeys or less)
 6 Secondary suite (e.g. basement suite, in-law suite, above garage, etc.)
 7 Manufactured/mobile home
 99 Other (please specify) _____

36. Who did you live with immediately before moving here? (CHECK ONE ANSWER)

- 1 Lived alone 2 Lived with my children 3 Lived with spouse

98 Lived with other relatives (please specify)_____

99 Other (please specify)_____

37. Why did you move out of your previous home? ? (CHECK ALL THAT APPLY)

1 Dissatisfaction with neighborhood

2 Difficulty looking after residence

3 Poor condition / maintenance of residence

4 Residence too large

5 Financial reasons

6 Change in health or physical strength

7 Needs or wishes of spouse

8 Death of spouse

10 Wished to be with other my age

11 Pressure from children or other relatives

12 Abuse or neglect in previous residence

13 Did not have any South Asian people living nearby

14 Did not have any South Asian services and amenities nearby

15 Design and physical barriers made the previous residence problematic

99 Other (please specify)_____

38. Why did you move to this housing complex? ? (CHECK ALL THAT APPLY)

1 Familiar neighborhood

2 Service provider from my own ethnic group

3 Staff and management speaks my language

4 Other South Asian older adults living in the complex

5 Close to other facilities and services

6 Friends or relatives live here

7 Children or relatives live nearby

8 The cost

10 Quality of the dwelling units

- 11 Attractiveness of the project
- 12 Recreational facilities and activities that are available
- 13 Good accessibility, barrier free environment and universal design features in units
- 14 Services available on the premises (please specify) _____
- 99 Other (please specify) _____

39a. Ideally, would you prefer a different living arrangement than what you have now?

- 1 Yes 2 No

39b. If YES, who would you prefer to live with? [Interviewer don't read. CHECK ALL THAT APPLY]

- 1 Family/Relatives
- 2 Non-relatives
- 3 Alone
- 99 Other (specify) _____
- 9 DK

40. What prevents you from having your preferred living arrangement?

[Interviewer don't read. You can use the following as probes. CHECK ALL THAT APPLY]

- 1 No adult children in Canada
- 2 No relatives or friends to share household
- 3 Too costly
- 4 Health problems
- 5 Don't want to be alone
- 6 Language problems
- 7 Cultural reasons (specify) _____
- 99 Other (specify) _____

Housing Satisfaction

41. Before moving in, what did you think you would like best about living here?

42. What do you like best about living here now?

43. How do you like the idea of living in housing that is for older adults only?

- 1 A lot 2 Somewhat 3 Not at all

44a. If you could do it over, would you still move here? 1 Yes 2 No

44b. Why or why not?

45a. Have you ever thought seriously about moving out? 1 Yes 2 No

45b. If YES, why?

46. Would you prefer to live in a different building or facility?

- 1 Yes [Go to 47a] 2 No [Go to 48a] 9 Don't know 0 No Response

47a. What kind of building or facility would you prefer to live in? [DO NOT READ. CHECK ONE]

- 1 single-detached house
- 2 duplex, townhouse, or row housing
- 3 apartment in a multi-unit building
- 4 other types of seniors apartments
- 5 seniors lodge
- 6 assisted living
- 7 nursing home
- 99 Other (specify) _____
- 9 Don't Know
- 0 No response

47b. Would you prefer that building to be specifically for people with your cultural background?

- 1 Yes 2 No 0 No response 9 Don't know

47c. What prevents you from living in the building or facility you prefer to live in?

[Interviewer don't read. Probe as necessary. CHECK ALL THAT APPLY]

- 1 No relatives or friends to share household
- 2 Too costly/ Can't afford to
- 3 Health problems
- 4 Don't want to be alone
- 5 Language problems
- 6 Cultural reasons (specify) _____
- 99 Other (specify) _____

48a. Does this housing complex allow you to maintain those aspects of your culture that you wish to keep, for example, your worship, the foods you like to eat, seeing friends, listening to music? 1 Yes [Go to 49] 2 No 9 Don't know 0 No response**48b. [If NO] What is it about this place that prevents you from maintaining your culture?**

[Interviewer don't read. Probe as necessary. CHECK ALL THAT APPLY]

- 1 restrictions regarding worship
- 2 restrictions regarding cooking
- 3 space limitations
- 4 difficulty entertaining/having visitors
- 99 Other (specify) _____
- 0 No response

49. Have any acts of discrimination been directed at you while living in this neighborhood ?

- 1 Yes 2 No [Go to Q51] 9 Don't know [Go to 51] 0 No response [Go to 51]

50a. If YES, can you briefly describe one such incident? _____

50b. Has discrimination interfered with your daily activities?

- 1 Yes 2 No [Go to Q51] 9 Don't know [Go to 51] 0 No response [Go to 51]

50c. [If YES] How? _____

51. If at a future point in time, you find it extremely difficult to live independently in this housing complex and decide to move into an assisted living facility (i.e., a residence with some support services available on site), how important is it to you that the facility be South Asian-Canadian?

- 1 very important
 2 somewhat important
 3 not very important
 4 not at all important
 9 don't know

Current Living Unit

52. What type of unit do you live in? (CHECK ONE ANSWER)

- 1 Two bedroom 1 One bedroom Other (please specify) _____
- _____

53. Overall, how do you like your dwelling unit?

- Not at all Very much
- 1 2 3 4 5

54a. Do you consider your living unit to be too large, just right, or too small for you?

- 1 Too large 2 Just right 3 Too small 9 Don't know 0 No response

54b. If too small, which parts of the unit are too small? Check all that apply.

- 1 Bedroom(s)/sleeping area 2 Living room 3 Dining area
 4 Bathroom 5 Kitchen 6 Storage space
 99 Other (please specify) _____

55a. Do you have to use stairs to get to your apartment or unit? 1 Yes 2 No

55b. If you have to use stairs, do you have any problems using them? 1 Yes 2 No

56. How satisfied are you with the level of visual privacy in your dwelling unit (i.e. from the street, from neighbors, from the hallway)? Very satisfied Somewhat satisfied Not at all satisfied

57. How satisfied are you with the quality of the soundproofing between your unit and your neighbors' units? 1 Very satisfied 2 Somewhat satisfied 3 Not at all satisfied 97 NA

58. In your unit, how easy is it for you to:

| | | |
|-----------------------------|---------------------------------|--------------------------------------|
| Open/close windows | 1 <input type="checkbox"/> Easy | 2 <input type="checkbox"/> Difficult |
| Open/close doors | 1 <input type="checkbox"/> Easy | 2 <input type="checkbox"/> Difficult |
| Open/close closets | 1 <input type="checkbox"/> Easy | 2 <input type="checkbox"/> Difficult |
| Open/close cupboards | 1 <input type="checkbox"/> Easy | 2 <input type="checkbox"/> Difficult |

Kitchen

59a. Is the kitchen in your unit /house easy to use? 1 Yes 2 No

59b. If NO, what is it about your kitchen that makes it difficult to use?

(CHECK ALL THAT APPLY)

- 1 Layout of kitchen is awkward
- 2 Surfaces are difficult to keep clean
- 3 Too many hard-to-reach areas
- 4 Not enough counter-top space
- 5 Height of counter space not right
- 6 Lack of accessible storage space
- 99 Other (please specify) _____

60. How do you like your kitchen?

| | | | | | |
|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|-----------|
| Not at all | | | | | Very much |
| <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 | <input type="checkbox"/> 5 | |

61a. How safe do you think your kitchen is? 1 Very safe 2 Adequate 3 Not very safe

61b. If NOT VERY SAFE, what makes it unsafe? (CHECK ALL THAT APPLY)

- 1 Floor coverings are slippery
- 2 Cabinets are difficult to reach
- 3 Stove controls are awkwardly located
- 4 Lighting is inadequate
- 99 Other (please specify) _____

61c. What would you change in the kitchen to make it safer or more convenient for you?

62. Approximately how much time do you spend in the kitchen every day?

63. What do you use your kitchen for? CHECK ALL THAT APPLY

- 1 Just beverages and snacks
 2 Breakfast
 3 Lunch
 4 Dinner
 5 Entertaining guests
 99 Other (specify): _____

64. Is there enough counter space to meet your needs?

- 1 Yes 2 No 3 No, poor configuration

65. How do you or your spouse/ housemate usually prepare food?

- 1 Standing up 2 Sitting down

[If the kitchen has a work area that can be used while seated, ask the following question or else go to Q67]

66. Do you ever use this work area to prepare food from a seated position? 1 Yes 2 No

67. Would you/your housemate prepare food while seated if there was an area in the kitchen to do so? 1 Yes 2 No

68. Where in your unit do you usually eat? _____

69a. Do you ever use your kitchen for anything other than eating or food preparation?

- 1 Yes 2 No

69b. [If YES] What are these activities?

Kitchen Cupboards:

70a. Do you have any problems using the cupboards in the kitchen?

- 1 Yes **70b. (specify)** _____
 2 No

71. Are the cupboard doors and drawers easy or hard for you to open?

1 Easy 2 Hard

72. Are the cupboard doors and drawers easy or hard for your to reach?

1 Easy 2 Hard

Legend: N-P* - Non-perishable food items

| | | a. | b. | c. | d. |
|------------|---------------------------|--|--|---|--|
| | Cupboard placement | Do you use? | [If YES] what for? | Are they easy to reach? | How do you reach into this cupboard? |
| 73. | Cupboards above stove | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 97 <input type="checkbox"/> N/A | 1 <input type="checkbox"/> N-P* food items 2 <input type="checkbox"/> frequently used items 3 <input type="checkbox"/> infrequently used items | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Stand Comfortably 2 <input type="checkbox"/> Have a stretch 3 <input type="checkbox"/> Use a step etc. 4 <input type="checkbox"/> Use a reacher etc. 5 <input type="checkbox"/> With assistance |
| 74. | Cupboards over fridge | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 97 <input type="checkbox"/> N/A | 1 <input type="checkbox"/> N-P* food items 2 <input type="checkbox"/> frequently used items 3 <input type="checkbox"/> infrequently used items | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Stand Comfortably 2 <input type="checkbox"/> Have a stretch 3 <input type="checkbox"/> Use a step etc. 4 <input type="checkbox"/> Use a reacher etc. 5 <input type="checkbox"/> With assistance |
| 75. | Cupboards over counter | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 97 <input type="checkbox"/> N/A | 1 <input type="checkbox"/> N-P* food items 2 <input type="checkbox"/> frequently used items 3 <input type="checkbox"/> infrequently used items | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Stand Comfortably 2 <input type="checkbox"/> Have a stretch 3 <input type="checkbox"/> Use a step etc. 4 <input type="checkbox"/> Use a reacher etc. 5 <input type="checkbox"/> With assistance |
| 76. | Cupboards under counter | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No 97 <input type="checkbox"/> N/A | 1 <input type="checkbox"/> N-P* food items 2 <input type="checkbox"/> frequently used items 3 <input type="checkbox"/> infrequently used items | 1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No | 1 <input type="checkbox"/> Stand Comfortably 2 <input type="checkbox"/> Have a stretch 3 <input type="checkbox"/> Use a step etc. 4 <input type="checkbox"/> Use a reacher etc. 5 <input type="checkbox"/> With assistance |

The kitchen sink:

77. Do you have enough light for working at the sink? 1 Yes 2 No

[For mobility aid users only, if there is a knee space under the sink ask. For others skip to Q79]:

78a. Is there enough space for you? 1 Yes 2 No

78b. Do you find the faucets in the kitchen sink easy or hard to use? 1 Easy 2 Hard

Appliances:

79. What type of stove do you prefer?

1 Electric 2 Gas 3 Microwave oven

80. Are the controls easy to reach as they are, or would you prefer them arranged differently?

- 1 The stove controls are fine where they are
 2 I would prefer the stove controls at the front of the appliance
 3 I would prefer the stove controls at the back of the appliance
 4 I would prefer the stove controls on the top/level with the elements
 99 I would prefer another arrangement (specify) _____

81a. Are the stove controls easy to see? 1 Yes 2 No

[If NOT]

81b. Do you use them by touch? 1 Yes 2 No

81c. Do you use them by sound? 1 Yes 2 No

82. Do you have any problems using the stove?

1 Yes (specify) _____ 2 No

83. Is the refrigerator size adequate for you? 1 Yes 2 No, too big 3 No, too small

84. Do you have any problems using the fridge?

1 Yes (specify) _____ 2 No

Living –Dining Areas

Residents who live in studio apartments and do not have separate living-dining area, please answer the following questions, if there is a designated space for these functions. If not, check box below and skip to Q 88.

Do not have living-dining area

85. Does the layout of your living-dining area give you many options to arrange you furniture in the way you like it?

1 Many options 2 A few options 3 One option only

86. How do you like your living/dining area?

Not at all

Very much

(1)

(2)

(3)

(4)

(5)

[If the living/dining area is open to the kitchen area, and there is no screen between the two areas, ask]:

87a. Would you like some kind of separation here, or is it fine the way it is?

1 Would like screen/separation 2 Fine as is

87b. If separation desired, please specify why

Bedroom

88. Does the layout of this bedroom/sleeping area give you many options to arrange your furniture the way you like it?

1 Many options 2 A few options 3 One option only

89. On average how many daytime hours do you spend in your bedroom? _____

90. How do you like your bedroom/sleeping area?

Not at all

Very much

(1)

(2)

(3)

(4)

(5)

91a. Do you have any problems using your bedroom/sleeping area?

1 Yes, **91b.** (specify) _____

2 No

Bathroom

92. How do you like your bathroom?

Not at all

Very much

 (1) (2) (3) (4) (5)**93a. Do you have any problems using your bathroom?**1 Yes **93b.** (specify) _____ 2 No**94a. How would you rate the bathroom(s) in your unit/house?**1 Very safe 2 Adequate 3 Not very safe**94b. If you feel that your bathroom(s) is(are) not very safe, what makes it(them) unsafe?**

(CHECK ALL THAT APPLY)

1 Floor coverings are slippery2 Bathtub is difficult to get in and out of3 There are not enough grab bars4 Lighting is inadequate99 Other (please specify) _____**94c. What would you change in the bathroom(s) to make it (them) safer?**

*[Mobility aid users only, others skip to Q96]***95a. Is the bathroom door an adequate width for you?** 1 Yes 2 No**95b. Do you have any problems using the bathtub and/or shower?**1 Yes, **95c.** (specify) _____ 2 No**In the bathroom:****96. Is the toilet at a comfortable height for you?** 1 Yes 2 No**97. Is the wash basin at a comfortable height for you?** 1 Yes 2 No**98. Is the location of the toilet paper holder at a comfortable height for you?** 1 Yes 2 No**99a. Do you have any problems getting on and off the toilet?**

1 Yes, **99b.** (specify) _____ 2 No

100a. Do you find the grab bars helpful?

1 Yes 2 No 3 Do not use 97 Not applicable (no grab bars present)

If YES, **100b. Are the grab bars placed in the right location?** 1 Yes 2 No

If NO, **100c. Where would you like to place the grab bars**

100d. Is the configuration of the grab bars appropriate? 1 Yes 2 No

100e. [If there are no grab bars, ask]: **Would you like to have grab bars?**

1 Yes 2 No

101a. Is the medicine cabinet convenient for you to use?

1 Yes

2 No, **101b.** (please explain) _____

97 Not applicable (no medicine cabinets present)

101c. [If there are no medicine cabinets, ask]: **Would you like to have medicine cabinets?**

1 Yes 2 No

102a. Is the type of faucet in the wash basin easy for you to use?

1 Yes 2 No **102b.** (please explain) _____

103a. Is the type of faucet in the bathtub easy for you to use?

1 Yes 2 No **103b.** (please explain) _____

Storage Space

104. Is there enough storage space for you? 1 Yes 2 No

105a. Is there a storage room in addition to closets and cupboards in this unit?

1 Yes **105b.** (specify) _____ 2 No

106a. Is there a storage area outside this unit? 1 Yes 2 No

106b. If YES, what kind?

- 1 A storage closet outside the unit 3 A locker in a common area
 2 A common storage room 99 other (specify) _____

107a. Is this storage area convenient for you? 1 Yes 2 No

107b. If NO, why not?

Lighting

108a. In general, how satisfactory is the lighting in your unit?

- 1 Very satisfactory 2 Somewhat satisfactory 3 Not satisfactory

108b. If less than very satisfactory, how could it be improved?

109. How would you rate the lighting in the area outside your unit?

- 1 Good 2 Barely adequate 3 Poor 97 Not applicable

110. How would you rate the lighting in the hallways?

- 1 Good 2 Barely adequate 3 Poor 97 Not applicable

111. How would you rate the lighting in the building entrance at night?

- 1 Good 2 Barely adequate 3 Poor 97 Not applicable

112. How would you rate the lighting outside on the grounds at night?

- 1 Good 2 Barely adequate 3 Poor 97 Not applicable

113. How would you rate the lighting in the parking areas at night?

- 1 Good 2 Barely adequate 3 Poor 97 Not applicable

Electrical

114a. Are there enough electrical outlets for your needs? 1 Yes 2 No

114b. If NO, where would you like more?

115. Are the outlets at a height that you can reach easily? 1 Yes 2 No

116. On average how many hours a day do you watch T.V.? _____ hours

117a. Do you have enough cable outlets? 1 Yes 2 No

117b. If there are not enough cable outlets, where would you like more?

Alarm

118a. Is there an alarm system in your unit? 1 Yes 2 No

If YES, **118b. Have you ever used the alarm button?** 1 Yes 2 No

118c. [If YES], why?

118d. Is the alarm button easy to use? 1 Yes 2 No

118e. [If NO] (specify)

Environmental controls – Ventilation, heating and cooling

119. How satisfactory is the ventilation in your unit? (i.e. Do you get enough fresh air?):

1 Very satisfactory 2 Somewhat satisfactory 3 Not satisfactory

120a. Can you get your home warm enough in the cold weather?

1 Yes 2 No, **120b. (specify)** _____

121a. Can you get your home cool enough in warm weather?

1 Yes 2 No, **121b. (specify)** _____

122. Is your home ever too humid? 1 Yes 2 No

123. Is your home ever too dry? 1 Yes 2 No

124. How is the ventilation in your home? Good Adequate Poor

125a. Have you made any major changes to your home? 1 Yes 2 No

125b. If YES, specify: _____

Windows and Doors

126. How do you like the windows in your unit?

Not at all

(1)

(2)

(3)

(4)

Very much

(5)

127. Are the windows easy or difficult to open and close?

1 Easy

2 Difficult

128. How do you like the view from your windows?

Not at all

(1)

(2)

(3)

(4)

(5)

Very much

129a. Do you have any trouble using the doors in your unit?

1 Yes, **129b.** (specify) _____ 2 No

130. *[If the resident uses a mobility aid, ask]:*

Are the doors in your unit wide enough for you?

1 Yes

2 No

131a. Have you had any accidents/falls in your home here?

1 Yes, **131b.** (specify) _____ 2 No

If YES, **131c. Where these falls due to** 1 Faulty design

2 Slippery or inappropriate types of flooring materials

99 Other (specify) _____

Laundry

132. Are there laundry facilities on the unit?

1 Yes

2 No

133a. Do you have problems doing the laundry?

1 Yes, **133b.** (specify) _____

2 No

97 Not applicable

Common Areas in Multi-Unit Projects

140a. Is it easy for you to get in and out the front door of the building? 1 Yes 2 No

140b. If NO, please explain _____

141. Is there a waiting area inside the front entrance?

1 Yes

2 No

97 Not applicable

142a. If there is a waiting area, are you satisfied with its:

i) Appearance, e.g. décor

1 Yes

2 No

ii) Location

1 Yes

2 No

iii) Size

1 Yes

2 No

142b. If NO to any of the above, explain why:

143a. Is there a central mail delivery area? 1 Yes 2 No 97 Not Applicable

If YES:

143b. Is it easy to get your mail?

1 Yes 2 No

143c. Is there enough light there to see who your letter are from?

1 Yes 2 No

143d. Is there a ledge/table nearby for setting down parcels?

1 Yes 2 No

143e. Is there a mail/box conveniently located, for all weather?

1 Yes 2 No

Elevators

144a. Are there elevators in your building? 1 Yes 2 No (If NO, skip to Q145).

144b. Have you had any problems with the elevators in your building? 1 Yes 2 No

144c. Are the elevators easy to get on and off? 1 Yes 2 No

144d. Are there enough elevators? 1 Yes 2 No

144e. Do the elevators come quickly enough for you? 1 Yes 2 No

144f. Are the elevator buttons visible and easy to reach? 1 Yes 2 No

Circulation Areas

145. Is it easy or hard for you to find your way around in this residence? 1 Easy 2 Hard

146. If hard, how could it be improved?

1 Signs 2 Better signs 3 More logical numbering system

99 Other (please specify) _____

147. How satisfied are you with the hallway/walkway surfaces?

1 Very satisfied 2 Somewhat satisfied 3 Not at all satisfied 97 Not applicable

Housing Appearance

148. How attractive do you find the design of this building?

1 Very attractive 2 Average 3 Unattractive

149. How satisfied are you living in a housing project of this size?

1 Very satisfied 2 Somewhat satisfied 3 Not at all satisfied

The Outdoor Environment

150. How important are the outdoor areas of your housing to you?

1 Very important 2 Somewhat important 3 Not important

151a. Are you satisfied with the grounds (gardens, walkways)?

1 Very satisfied 2 Somewhat satisfied 3 Not satisfied

151b. If not satisfied with the grounds, please explain why:

Location

152. In choosing a residence, what is important to you about its location? Check all that apply

1 Accessibility to transportation

2 Accessibility of services and amenities outside the project

3 Proximity to my own ethnic community

Parking

159. If you own a car, how satisfied are you with the parking facilities for yourself?

- 1 Very satisfied 2 Somewhat satisfied 3 Not at all satisfied 97 Not applicable

160. How satisfied are you with the parking facilities for visitors?

- 1 Very satisfied 2 Somewhat satisfied 3 Not at all satisfied 97 Not applicable

Safety

161. How safe do you feel in the following places?

| | <u>Very Safe</u> | <u>Moderately Safe</u> | <u>Not Very Safe</u> | <u>Not Applicable</u> |
|--|------------------------------|------------------------------|------------------------------|-------------------------------|
| a. Inside your home/unit | <input type="checkbox"/> (1) | <input type="checkbox"/> (2) | <input type="checkbox"/> (3) | <input type="checkbox"/> (97) |
| b. In the common areas of the housing | <input type="checkbox"/> (1) | <input type="checkbox"/> (2) | <input type="checkbox"/> (3) | <input type="checkbox"/> (97) |
| c. On the grounds of the housing complex | <input type="checkbox"/> (1) | <input type="checkbox"/> (2) | <input type="checkbox"/> (3) | <input type="checkbox"/> (97) |
| d. In the parking area | <input type="checkbox"/> (1) | <input type="checkbox"/> (2) | <input type="checkbox"/> (3) | <input type="checkbox"/> (97) |
| e. On the streets in your neighborhood | <input type="checkbox"/> (1) | <input type="checkbox"/> (2) | <input type="checkbox"/> (3) | <input type="checkbox"/> (97) |

General Satisfaction

162. If you were to make changes or improvements to the housing/apartment complex, what would these changes or improvements be?

Satisfaction with Tenure

163. How much is your monthly rent and utilities?

- 1 Less than \$500
 2 \$500 –\$ 999
 3 \$1,000 –\$ 1,499
 4 \$1,500 –\$ 1,999
 5 More than \$2,000

164. What services in addition to the “rent” are covered by your monthly payments?

(CHECK ALL THAT APPLY)

- 1 Meals
 2 Housekeeping
 3 Building and grounds maintenance
 4 Personal Care
 5 Health Care
 6 Recreational Programmes
 99 Other (please specify) _____
 7 None

Social Involvement and Interaction

165. Do you consider yourself a sociable person?

- 1 Yes, very sociable
 2 Somewhat sociable
 3 I have just a few close friends
 4 I tend to keep to myself, mostly

166a Who do you mostly interact with on a regular basis?

- 1 People within the housing complex 2 People outside the housing complex

166b. During the past week how many other residents from the housing complex did you talk with either in person or on the phone? _____

166c. How many of these people were South Asians? _____

167a. About how many residents from the housing complex do you know well enough to visit in their units, or to invite into yours?

- (1) None (2) 1-4 (3) 5-8 (4) 9-15 (5) 15 or more

167b. The people who visit you and whom you visit within the housing complex are they

all South Asian in ethnicity? 1 Yes 2 No

167c. If NO, what ethnic group do they belong to:

1 Caucasian 2 Other Asian 99 Other (please specify) _____

168. How often do you socialize with other people who live in your housing complex?

1 Every day 2 A few times a week 3 Perhaps once a week
4 Every couple of weeks 5 Once a month 6 Less than once a month 7 Rarely or never

169. With regards to opportunities to social with other residents living in the building, would you say you have:

1 Enough opportunities 2 Not enough opportunities 3 Too many opportunities

170. Where do you socialize with other residents? (CHECK ALL THAT APPLY)

1 In our homes
2 In the shared areas of the building (e.g., corridor, activity area, laundry, etc.)
3 In public spaces (e.g., parking area, outdoor area, sidewalk, etc.)
99 Other (please specify) _____
97 Not applicable

171. In the past month, did you and your neighbors help one another by (CHECK ALL THAT APPLY)

1 Picking things up at a store?
2 Borrowing or lending things?
3 Giving advice?
4 Looking in on one another?
5 Helping out when someone is sick?
99 Other ways: (please specify) _____
6 None of the above

172. In general, how satisfied are you with your social life?

1 Very satisfied 2 Somewhat satisfied 3 Not very satisfied 4 Not at all satisfied

173. How often would you say that you feel lonely?

1 Often 2 Sometimes 3 Rarely 4 Never

174. Since coming here to live, has your social life/social interaction with people:

1 Increased 2 Decreased 3 Stayed the same

175. Living here, do you feel you are part of the South Asian community?

1 Always 2 Sometimes 3 Never 97 Not applicable

Satisfaction with Services

176. Which of the following services are present in your housing complex (check all the relevant services) and indicate your frequency of use the available services.

Legend: Not Applicable – N/A (check this option if service is not available in the complex)

a. Laundry service

Rate of use: 1 Daily 2 Weekly 3 Biweekly 4 Monthly 5 Less often 6 Never 97 _____

N/A

b. Transportation

Rate of use: 1 Daily 2 Weekly 3 Biweekly 4 Monthly 5 Less often 6 Never 97 N/A

c. Dental care

Rate of use: 1 Daily 2 Weekly 3 Biweekly 4 Monthly 5 Less often 6 Never 97 N/A

d. Health care

Rate of use: 1 Daily 2 Weekly 3 Biweekly 4 Monthly 5 Less often 6 Never 97 N/A

e. Counseling on-site

Rate of use: 1 Daily 2 Weekly 3 Biweekly 4 Monthly 5 Less often 6 Never 97 N/A

f. Sports and recreational amenities

Rate of use: 1 Daily 2 Weekly 3 Biweekly 4 Monthly 5 Less often 6 Never 97 N/A

g. Personal care services (e.g., assistance in bathing, dressing, etc.)

Rate of use: 1 Daily 2 Weekly 3 Biweekly 4 Monthly 5 Less often 6 Never 97 N/A

h. Religious service/ prayer meeting

Rate of use: 1 Daily 2 Weekly 3 Biweekly 4 Monthly 5 Less often 6 Never 97 N/A

i. Organized outings

Rate of use: 1 Daily 2 Weekly 3 Biweekly 4 Monthly 5 Less often 6 Never 97 N/A

j. Workshops and lectures

Rate of use: 1 Daily 2 Weekly 3 Biweekly 4 Monthly 5 Less often 6 Never 97 N/A

 k. Cultural events

Rate of use: 1 Daily 2 Weekly 3 Biweekly 4 Monthly 5 Less often 6 Never 97 N/A

 l. Other (please specify) _____

Rate of use: 1 Daily 2 Weekly 3 Biweekly 4 Monthly 5 Less often 6 Never 97 N/A

177. How often do you usually use the following activity areas? (N/A = Not applicable)

- | | | |
|-------------------------------------|---|---------------------------------|
| a. Lounge | 1 <input type="checkbox"/> _____Hrs/wk | 97 <input type="checkbox"/> N/A |
| b. Library | 2 <input type="checkbox"/> _____Hrs/wk | 97 <input type="checkbox"/> N/A |
| c. Computer room | 3 <input type="checkbox"/> _____Hrs/wk | 97 <input type="checkbox"/> N/A |
| f. Games/recreation room | 4 <input type="checkbox"/> _____Hrs/wk | 97 <input type="checkbox"/> N/A |
| l. Other small meeting rooms | 5 <input type="checkbox"/> _____Hrs/wk | 97 <input type="checkbox"/> N/A |
| p. Other (specify) | 99 <input type="checkbox"/> _____Hrs/wk | 97 <input type="checkbox"/> N/A |
-

178. Access to services/amenities outside the housing complex

- a. Are services (e.g., social programs, doctors office, etc.) easy for you to get to? 1 Yes 2 No
- b. Are they easy to get to when it is cold and rainy? 1 Yes 2 No
- c. Are requests for services responded to quickly? 1 Yes 2 No

179. Service (outside the housing complex) information

- a. Are services available in your language? 1 Yes 2 No
- b. Is information on services given by service providers? 1 Yes 2 No
- c. Is information easy to understand? 1 Yes 2 No
- d. Is assistance from staff/volunteers available? 1 Yes 2 No

available within your housing project?

1 Yes 2 No

If YES, **192b.** please specify _____

193. What community-based services are more accessible because of living here?

194. Overall how satisfied are you with the quality of services and amenities you receive here?

1 Very satisfied 2 Somewhat satisfied 3 Not very satisfied 4 Not at all satisfied

195. In general, how happy are you living here?

1 Very happy 2 Somewhat happy 3 Not very happy 4 Not at all happy

Recommended facilities and services

196. If you were advising an architect about the design of a housing complex similar to this one, which services and features would you recommend to be included?

197. Do you have any other suggestions or comments about Guru Nanak Niwas?

THANK YOU VERY MUCH FOR YOR PARTICIPATION IN THIS STUDY

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