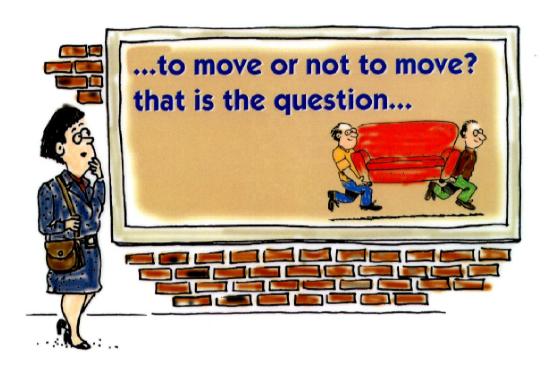


Housing Options for Older People (HOOP)









A self-assessment form for people wondering whether or not to move home and seeking information on options

Produced with support from The Housing Corporation Innovation and Good Practice Programme

Purpose

This questionnaire is designed to help people who are trying to decide whether or not to move home in later life.

When someone is asked whether or not they like their home, it can be difficult to answer. They may love the house or flat, but no longer like the neighbourhood. They may like the big rooms and garden but find them expensive to heat or keep up, or hard work to manage. Could something be done to deal with the problems, or is a move the answer?

The questionnaire invites you to look at nine different aspects of your home, one by one, to help clarify which things are right and where there are problems.

Its purpose is to help you think through the good and bad points – the 'push' and 'pull' factors about moving or staying – and to find out more about available options that are relevant to your situation.

What you have to do

'Do it yourself' or 'interviewer service' - the choice is yours.

This form is designed for you to fill in yourself, at your leisure, *if you would like to do so*. If you would rather wait and have the interviewer fill the form in with you, that's fine too. The choice is yours.

If you are doing it yourself ...

1. Go through Sections 1 to 11 in turn

After a few introductory questions, each section is about a different aspect of your home: the size of it, the condition it's in, the location and so on.

Fill in 'Yes', 'No' or any comments for each question. There are no 'right' or 'wrong' answers. What you choose to put is entirely up to you.

You will then be asked to give the score out of ten to show how you feel about each particular aspect of your home. If you are not sure about the scoring, please see the explanation at the back of the questionnaire.

2. Fill in the Chart at Section 11 with all your scores.

At this point you will have completed the assessment of your current housing. We hope this will be a useful starting point for thinking through what choices you have, or what information would be helpful.

3. You can then do any of Sections 12 to16 you think are relevant to you, or leave them and the interviewer will go through them with you. The questions in Section 15 and 16 particularly concern the options you have and information you might want.

If you have any trouble with the questionnaire, don't worry about it! The interviewer will be happy to go through it all with you if this is what you prefer.

Will HOOP be useful to you?

Before you go any further, please read these descriptions and look to see which best fits you. The notes below will indicate whether or not HOOP is likely to be helpful.

You have made up your mind to move, or you have to move for some reason, and want some information to help you achieve this.

If this is you, the questionnaire will probably not be helpful or appropriate for you. Please just fill in questions 1–11 of Section 1 (Introduction) and Section 16.

You are not planning any action just yet, but want to gather information about housing options now so as to be prepared for the future.

Filling in the questionnaire may be helpful if you want to clarify your thoughts – or you could just give a score out of ten for each category in the chart at Section 11. Otherwise Section 16 – and perhaps Section 13 may be all you need at this stage.

You have thought about moving but cannot make up your mind. Or perhaps another person has suggested it, but you're not sure. You would like to talk the issue through with someone.

If this describes you, you are in the group of people for whom HOOP has been chiefly designed – to fill in and talk through with an interviewer.

You have a problem but housing is only part of it.

You need to talk the problem, including the housing issue, through with someone.

Filling in the questionnaire may be helpful if you want to clarify your thoughts – or you could just give a score out of ten for each category in the chart at Section 11. Otherwise Section 16 – and perhaps Section 13 may be all you need at this stage.

Introduction

A few basic questions about your home:

1. How long have you lived here?	
2. What type of property is it? (e.g. a 2-bedroom flat, 4-bed terraced house)	
3. Do you rent it (council, housing association, private) or own it? (freehold/leasehold – outright or with a mortgage)	
4. Is there a garden?	
5. How many people including yourself, live in your home?	
6. Do you have any pets?	
And about yourself	
7. Your age?	
8. Do you have a car or access to a car?	
9. Do you have any paid help in the house? (window cleaner, home help, help with the garden)	
10. Do you have any interests or activities that require extra space in your home?	
11. Has retirement increased your need for space at home?	
12. Is it important to you to have room for family or friends to stay?	
And about moving	
13. What has caused you to think about a move?	
14. Is it basically your idea, or have you felt under pres	sure (however slight) from others?
15. Is it the present situation which is making you think about moving, or is it more because you are looking to the future?	Present Future (If you have ticked 'future', there are some more detailed questions later at Section 13)

Size and Space

How do you feel about how much room you have in your home inside and out – have you got too much or not enough? What is important is **not how the property would seem to anybody else but how well it suits you, from your point of view**. Please put 'Yes', 'No', or other comment.

	Yes/No	Comments			
1. Are you happy with the number of					
rooms you have in your home? (too few?					
too many? just right?)					
, , , , ,					
2. Are you happy with the size of the					
rooms?					
1001113:					
2 Are you happy with the size of the					
3. Are you happy with the size of the					
garden?					
4. Is there enough storage space?					
5. Is there enough parking for yourself					
or visitors?					
6. Anything else to do with the size of					
your home (please give details)?					
7. Is any aspect of the size of your home					
causing you mental stress or physical ill					
health?					
neath:					
8. Weighing these different things up, who	t scare aut	of 10 for size an	d snace i	would v	ou give overall?
10 9 8 7 6	1		-	1	=
Perfect Just Ok			2	-	Terrible
	<u> </u>				remote
9. Is there any one thing which has partic	ularly affect	ed the score?			
10. Is there any information which might I	oe useful to	you?			

Condition of the property

What condition is the property in and how does it affect you? Is it in good repair, does it need some attention or are major repairs needed? Please put 'Yes', 'No', or other comment.

Are the following items in good condition	Yes/No	Comments
1. The roof?		
2. The structure generally?		
3. Ceilings and plaster?		
4. Gas supply, electric wiring and water supply?		
5. Plumbing and drains?		
6. Heating system (including insulation)?		
7. Windows and doors?		
8. Gardens walls or fences?		
9. Is the property free from damp?		
10. Are there any other problems with the condition of the property?		
11. Is the condition of the property causing you any stress, or physical ill health?		
		it of 10 for condition would you give overall?
10 9 8 7 6 Perfect Just Ok	5 Just not Ok	4 3 2 1 0 k Terrible
13. Is there any one thing which has particu	larly affect	ted the score?
14. Is there any information which might be	useful to	you?

Comfort and Design

How do you feel about the design of your home? Can you live in it comfortably or is there anything which makes it awkward or uncomfortable to live in? Please put 'Yes', 'No', or other comment.

	Yes/No	Comments
1. Do you like the look and feel of it		
generally, and feel happy with it as your		
home?		
2. Can you keep as warm as you want to?		
3. Is it as light and sunny as you wish?		
4. Is the design of your home convenient		
for you? (For instance can you reach		
cupboards and switches and manage all		
the steps and stairs)?		
5. Is it decorated and furnished as you		
like?		
6. Have you got an accessible bath or		
shower you can use if you want to?		
7. Have you generally got things arranged		
in a way that suits you, with room for		
your possessions?		
8. Other important points to do with comfo	ort and desi	ign?
9. Is the design of your home causing any		
stress or any physical ill health?		
stress of any physical in hearth.		
10. Weighing these different things up, who	at score ou	t of 10 for comfort would you give overall?
10 9 8 7 6	5	4 3 2 1 0
Perfect Just Ok	Just not Ok	k Terrible
11. Is there any one thing which has particu	ularly affect	ted the score?
, , ,	,	
12. Is there any information which might be	e useful to	you?

Location

Does the location of your home suit you? Do you like the district? Is it near the people or things you want to be near? Again, what is important is your own point of view on these issues, not what anyone else might think. Please put 'Yes', 'No', or other comment.

	Yes/No	Comments			
1. Is your home convenient for shops,					
transport, clubs or other regular					
activities?					
2. Is the area familiar to you – so that you					
know your way about and are known in					
the area?					
3. Do you feel safe in the street?					
4. Do you like the neighbourhood?					
5. Is it as quiet and stress free as you					
want?					
want:					
6. Is it a healthy environment (air					
quality/traffic/green spaces/cleanliness)?					
7. Is your home a suitable distance from					
family or friend(s) (however near or far					
you want to be)?					
8. Is help available when needed (from					
neighbours, family or friends)?					
Other important points about the location	n? (nlease	give details)			
3. Other important points about the location	on (picase	give actains,			
10. Does the location of your home ever					
cause you any stress or physical ill health?					
, , , , , ,					
11. Weighing these different things up, wh	at score ou	t of 10 for loc	ation wou	ld you gi	ve overall?
10 9 8 7 6	5	4 3	2	1	0
Perfect Just Ok	Just not O	(Terrible
12. Is there any one thing which has partice	ularly affec	ted the score	?		
13. Is there any information which might b	e useful to	you?			

Managing

How well do you feel you are able to manage in your home? Please put 'Yes', 'No', or other comment.

Are you able to manage	Yes/No	Comments
1. Keeping the house clean (including		
things like changing curtains, cleaning		
windows etc.)?		
2. Having a bath or shower?		
3. Shopping?		
4. Doing the laundry?		
5. Cooking?		
6. Carrying out minor repairs and		
maintenance jobs? (mending things,		
changing light bulbs or fuses)		
7. Decorating?		
8. Looking after the garden?		
9. Answering the door and phone?		
10. Getting up and down stairs?		
11. Having visitors?		
12. Do you feel confident that more		
support will be available if and when you		
need it?		
13. Other points about managing?		
14. Does the issue of managing your		
home ever cause you stress, or make you		
physically ill?		
15. Weighing these different things up, wh	at score out	of 10 for managing would you give overall?
10 9 8 7 6	5	4 3 2 1 0
Perfect Just Ok	Just not Ok	Terrible
16. Is there any one thing which has partice	ularly affect	ed the score?
17. Is there any information which might b	e useful to y	you?

Costs (N.B. You are <u>not</u> asked to give any financial details)

How do you feel about all the costs involved in living in your home including maintenance costs and costs of energy for heating and cooking, as well as rent or mortgage costs? Please put 'Yes' if you can manage the cost, 'No' if the item is too expensive, or other comment.

Can you afford, with reasonable comfort, the following items	Yes/No	Comments		
The mortgage or rent?				
2. Looking after the property – repairs,				
insurance, decoration etc.?				
3. Energy (hot water, heating, cooking				
etc.)?				
4. Other household bills (council tax, water bills, telephone)?				
water sins, telephone,				
5. Transport to places you need/want to				
go?				
6. Costs of help in house or garden				
including service charges if you pay them?				
7. TV licence?				
8. Other? (please describe)				
,				
9. Does the issue of meeting housing				
costs ever cause you stress, or make you				
physically ill?				
10. Weighing these different things up, wha	t score out	 : of 10 for costs would v	ou give o	overall?
10 9 8 7 6	5	4 3 2	1	0
Perfect Just Ok	Just not Ok			Terrible
11. Is there any one thing which has particu	larly affect	ed the score?		
11. Is there any information which might be	e useful to y	/ou?		

Security and Safety

This section includes everything from burglars to fire escape. Please put 'Yes', 'No', or other comment.

				Yes/No	Comn	nents				
1. Would your hor	=	-								
as being free of the										
cause accidents? (e										
lighting, loose banis	iters)									
2. If you had a fall	and cou	ld not r	each							
the phone, do you f		ident th	nat							
help would reach yo	ou?									
3. Do you feel reas	onably s	safe fro	m							
burglary or attack w	vhen insi	ide you	r							
home?										
4. Do you feel the			ably							
secure if you go out	or away	y?								
5. Do you feel hap										
precautions you have	ve in you	ır home	in e							
case of fire?										
6. Any other point	s relatin	g to saf	ety?							
7. Does any aspect	t of the s	security	of							
safety of your home		-								
physical ill health?										
8. Weighing these	differen	t things	sun wha	nt score ou	t of 10 f	for sec ili	rity and s	safety w	ould you giv	/P
overall?	differen	it tillig.	, ap, wiia	it score ou	. 01 10 1	ioi secui	ity alia s	saicty w	odia you giv	
10 9	8	7	6	5	4	3	2	1	0	
Perfect			Just Ok	Just not O					Terrible	
9. Is there any one	thing w	hich ha	s particu	larly affect	ed the	score?				
11. Is there any info	rmation	which	might be	useful to	you?					

Independence

This is a word which means different things to different people, but includes the idea that you make the decisions (and bear the responsibility) for running your home, and that any help you get is on terms you control and are happy with.

	Yes/No	Comments			
1. Do you feel secure in the possession					
or tenure of your home (safe from					
repossession or eviction)?					
2. Are you free to make decisions about					
it and live in it as you please?					
3. Are you happy with the amount or					
responsibility you have for the property?					
, , , , , , , , , , , , , , , , , , , ,					
4. Do you fool as independent cover					
4. Do you feel as independent as you wish to be of your family and friends?					
wish to be or your failing and menas:					
5. Any other issues to do with					
independence?					
6. Does anything about maintaining					
independence cause you stress or affect					
your health?					
7. Weighing these different things up, who	t score ou	 t of 10 for inde	nendence	would v	you give overall?
10 9 8 7 6	5	4 3	2	1	0
Perfect Just Ok	Just not O	k			Terrible
8. Is there any one thing which has particu	larly affect	ed the score?			
9. Is there any information which might be	e useful to	vou?			
,		,			

Well-being and Quality of Life

Just four initial questions this time about whether you think your home is good for your general well-being.

	Yes/No	Comments			
1. Is your home a good base for your activities and interests?					
2. Do you have as much human company as you need and not feel lonely?					
3. Do you feel you can live here in peace of mind for as long as you wish (and won't have to move again)?					
4. Anything else to do with how the house/flat affects your quality of life?					
5. Does anything in this section cause you stress or affect your health?					
6 Weighing these different things up, wha	t score out	of 10 for well-b	eing wou	ıld you g	give overall?
10 9 8 7 6 Perfect Just Ok	5 Just not Ok	4 3	2	1	0 Terrible
7. Is there any one thing which has particular	larly affect	ed the score?			
8. Is there any information which might be	e useful to y	/ou?			

The Chart

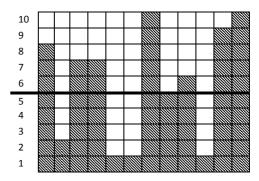
Fill in your scores from each section for an 'at a glance' picture of how well your home suits you:

		SIZE &	CONDITION	COMFORT	LOCATION	MANAGING	COSTS	SECURITY &	INDEPEN-	WELL-]	
		SPACE						SAFETY	DENCE	BEING		
PERFECT	10										10	PERFECT
	9										9	
	8										8	
	7										7	
JUST OK	6										6	JUST OK
JUST NOT OK	5										5	JUST NOT OK
	4										4	
	3										3	
	2										2	
TERRIBLE	1										1	TERRIBLE

When you are ready, fill in your priorities (if any) from the next page:

PRIORITY ORDER

SIZE & SPACE	CONDITION	COMFORT	LOCATION	MANAGING	COSTS	SECURITY & SAFETY	INDEPEN- DENCE	WELL- BEING



Example:

Priorities

This form has covered the nine categories listed below. Could you arrange these in order of their importance to you, if you were moving house?

Please put (1) beside the category which would matter most to you and arrange the rest in order down to a (9) for the category which would matter least to you:

	Priority
Size	
Condition	
Comfort	
Location	
Managing	
Costs	
Safety/security	
Independence	
Well-being	

Note: If you feel that all are of equal importance, or several are of equal importance, just use the chart to say this. The question is included for the sake of those who have some clear priorities, or who want to think them through.

Looking to the Future (for those who like to look ahead)

It is impossible to know what the future will bring. This section is just to help you to think about some of the possibilities.

Do you think that your current housing would still suit you?	Yes	No	Maybe	N/A
If you were left on your own?				
If your health was worse?				
If your "partner's" health was worse?				
If you had less help (from any source) than you have now?				
If your income were smaller?				
If you could no longer drive?				
If you could no longer climb stairs?				
If you wanted or needed someone to come and stay with you?				
If you wanted to spend more time at home than you do now?				
Any other issues?				
If you have put one or more 'NOs' does this mean you	ı want to pl	an a move	now?	

Moving

	w the prospect of moving at all: frt in a new home?	the whole process of org	ganising it al	l, packing	up, and ma	aking a new
Un	thinkable					
Ve	ry daunting					
На	rd, but would do it if necessary					
No	t too bad					
No	problem at all					
Or	you can use your own words					
•••			• • • • • • • • • • • • • • • • • • • •			
•••						
				Tick be	was as ann	licable
			_		xes as app	iicubie
				Yes	No	Maybe
2.	Would you need physical help to	o sort and pack?		Yes	No	
2.	Do you think you would need ar	ny other support?		Yes	No	
2.		ny other support? t in sorting your		Yes	No	
2.	Do you think you would need ar (For example, emotional suppor	ny other support? t in sorting your		Yes	No	
2.	Do you think you would need ar (For example, emotional suppor things or coming to terms with r	ny other support? t in sorting your		Yes	No	
2.	Do you think you would need ar (For example, emotional suppor things or coming to terms with r	ny other support? t in sorting your		Yes	No	
	Do you think you would need ar (For example, emotional suppor things or coming to terms with r	ny other support? t in sorting your moving)	nt make you			

1. Apart from the issue of whether one house or flat might suit you better than another – how do you

Possible Action (for a first look at the options)

1.	Coula y	ou recap nere v	wnat you think ar	e you	r main no	using	problem	S?	
	(i)		•••••						
	(ii)								
	(iii)								
	(,			• • • • • • •	•••••	•••••	•	•••••	
2.	Do you	think these cou	ıld be solved in aı	ny of t	he follow	ving w	ays		
	2.1	By some work	on the house?	Yes		No		Maybe	
		Comments		• • • • • • • • • • • • • • • • • • • •		•••••			
	2.2	By getting som	e help?	Yes		No		Maybe	
		Comments		•••••					
	2.3	By moving?		Yes		No		Maybe	
		Comments		• • • • • • •		•••••			
	2.4 By	getting some ir	nformation now al	oout c	ptions fo	r the f	future?		
				Yes		No		Maybe	
		Comments		• • • • • • •		•••••		•••••	
	2.5 In	any other way?		•••••					
				•••••					 ,
					•••••				
3.	Is ther	e any informati	on you need to h	elp an	swer the	se qu	estions?		
	•••••				• • • • • • • • • • • •		•••••	• • • • • • • • • • • • • • • • • • • •	

Information Required

Would you like information about any of the following					
Tick boxes where applicable					
	Accommodation to rent?				
	Accommodation for sale?				
	Financial information?				
	Ways of reducing housing costs?				
	Ways of increasing income?				
	Help in getting repairs, improvements or adaptations done?				
	Services in the home – including gardening?				
	Retiring to another country?				
	Other? (please give details)				
And fi	nally, what ethnic group do you feel best describes you? (please tick)				
	Bangladeshi				
	Black African				
	Black Caribbean				
	Black Other				
	Chinese				
	Indian				
	Pakistani				
	White				
	Other (please give details)				

Explanation of scoring

Sections 2 to 10 of this questionnaire cover different aspect of your home.

These are:

Size

Cost

Condition

Security

Comfort

• Independence

Location

Well-being

Managing

_

In each section you first answer Yes, No, or other comment for the detailed questions, then decide a score out of ten for the section as a whole.

In this scoring system '10' is a perfect and '1' is terrible. There is a dividing line between '5' and '6' '6' is 'Just Ok' and '5' is 'Just not Ok'.

So, if the size and space in your home is acceptable to you, you can choose '6' (just Ok) or '10' (perfect), or 7, 8, or 9 for something in between.

If, for instance, the size suited you well on the whole, but the kitchen was too small, you might choose a score of '9'. If there were other problems as well (e.g. over-large garden, no parking space), but it was still acceptable, you might give a score of 6 or 7.

Similarly, if some aspect of your home (it might be the cost) is unacceptable, you can choose any score between 5 (Just not Ok) and 1 (terrible)

- depending on how bad it seems to you.

Example:



Someone has given a score of 8 for the size of their home, indicating that it's pretty good but not perfect.

What score you give is entirely up to you. It's your own view of your home you are recording.