

Senior Health
March 28, 2019

Sample Frame:

1. Primary sample – 2000 Canadians 55+ (drawn to allow for provincial comparisons)
2. Secondary sample – 1000 younger/middle aged Canadians

Ballot Question: Seniors' experiences with the health care system and concerns for the coming years (from both them and their kids)

Part 1

[INTRO SCREEN]

We have some questions today about you, your life, and your health. Don't worry, your responses will be kept completely private and confidential. Remember, there are no right or wrong answers, we just want your own opinions.

Personal health and life assessment

Aging

Q1. So, let's start with how you feel about yourself these days. Overall, would you say you feel younger, older, or pretty close to your actual age:

- I feel younger than my age
- I feel the age that I am
- I feel older than my age

Q2. And how would you describe your own personal outlook on getting older? Would you say you're more inclined to...?

- Totally fear getting older
- Fear it more than welcome it
- Welcome it more than fear it
- Totally welcome getting older
- About an even mix of both

Q3. Thinking about the future, say 5 to 10 years from now, to what extent are you concerned you might face...?

New or worsening disability/mobility issues (i.e. problems getting around)
New or worsening cognitive issues (e.g. memory loss, confusion, etc.)

- Not something I'm concerned about
- A little bit – occasionally concerned
- Somewhat concerned
- A serious concern of mine

Q4. Overall, how would you describe your own personal ...

Mental health
Physical health

Very good
Good
Poor
Very poor

Q5. Do you currently spend time with, help, or provide care for someone who has age-related mobility or cognitive issues? This might be a spouse, partner, parent, relative, or friend.

Yes, one person
Yes, two people
Yes, three people
Yes, four or more
No, no one

[IF NO, SKIP TO Q9]

[FOR ALL YES]

Q6. You've mentioned you spend time with or provide care for someone who has age-related mobility or cognitive issues. How close is this person to you? Is this person ...

(if you're providing care for more than one person, please think about the person you spend the MOST time caring for)

A parent or in-law
A spouse or partner
Another family member
Someone I am not related to

Q7. And what kind of impact would you say the time you spend/care you provide has on your life and day-to-day activities?

Minimal impact – I'm able to help out without much disruption
Moderate impact – I've had to make tradeoffs with how I spend my time, but its manageable
Major impact – A big part of my life is spent providing care

Q8. We know there can be a lot to worry about when it comes to the care and support you provide for this person. Which of the following concerns, if any, do you have?
(please select all that apply)

Time - I personally don't have enough time to provide care and support
Money – I/they/we can't afford the care they need

Loneliness - besides me, the person I provide care for doesn't have companionship

Safety – I worry about their physical health or someone taking advantage of them

Other, specify: _____

[Anchor] No, I don't have any concerns

[ASK THOSE WHO SAID "NO" AT Q5]

Q9. And what about in the future, do you anticipate spending time with, helping, or providing care for someone who has age-related mobility or cognitive issues? This might be a parent, a relative, a neighbour, friend, etc.

Yes

No

[ASK THOSE WHO SAY "YES" AT Q9, OTHERS SKIP TO Q13]

Q10. And thinking about the person you're *most likely* to provide care for, how close is this person to you?

A parent or in-law

A spouse or partner

Another family member

Someone I am not related to

Q11. Recognizing that we can't know for sure what the future holds, how far into the future do you anticipate having to start caring for this person?

Within 5 years

5-10 years

11-20 years

More than 20 years from now

Q12. And, again, not knowing what the future will bring, what kind of impact do you expect the care you provide to have on your life and day-to-day activities?

Minimal impact – I'll be able to help out without much disruption

Moderate impact – I'll have to make tradeoffs with how I spend my time, but it will be manageable

Major impact – A big part of my life will be spent providing care

[ASK ALL]

Q13. Whether or not you've thought about it before now, we'd like to know what you would prefer to do if YOU could no longer live independently. Would you like to...

Move in with family

Stay in your home with visiting [or live-in] nurse

Move into an assisted-living facility

Really can't say

Q14. Here are some statements people might make about their later years. Please tell us whether or not they describe you:

[RANDOMIZE STATEMENTS]

I personally know someone who has dementia

I'm worried about being alone and lonely in my later years/outliving my spouse/partner/kids

It's okay if my physical health fails in my old age as long as my brain is intact

If I was suffering from a severe illness, I would be comfortable asking about assisted dying

I know who will take care of me in my old age when I can't take care of myself anymore

I worry about outliving my savings

I'm actively doing things to keep my brain sharp as I get older (diet, crosswords, sudoku)

I would rather have better health than wealth

I've made a will and/or preparations for my estate

I have end of life instructions (i.e. funeral, DNR, assisted death)

This totally describes me

Sort of describes me

Doesn't describe me at all

Part 2

Experiences with the system

Q15. Now we'd like to know a little more about your *own* experiences with health care. Again, there are no right or wrong answers, and your answers will be kept confidential. To start, how often, if at all, have you done each of the following in the **last year**?

Visited your family doctor/GP (if you have one)

Visited a walk-in clinic for primary care

Visited an emergency room for primary care (i.e. non-emergency reasons)

Visited an emergency room for an emergency

Visited a medical specialist (e.g. cardiologist, oncologist, etc.)

Received an advanced diagnostic test (e.g. MRI, CT Scan, etc.)

Been admitted to hospital overnight (or longer)

Had surgery

Never

Once

2-3 times

4-5 times

6+ times

Q16. And, overall, how would you describe the quality of care you received in each of these situations over the **last year**? Please note that we're interested in your overall assessment of **all your experiences** with each situation you chose over the last year.

[ASK ONLY ITEMS FOR WHICH RESPONDENTS CHOOSE AT LEAST ONCE AT Q15]

Your family doctor/GP

Walk-in clinics you visited for primary care

Emergency rooms you visited for primary care

Medical specialists you saw

Diagnostic tests you received

Your overnight hospital stay(s)

Surgical procedure(s) you received

Very good

Good

Poor

Very poor

GP section

[ASK THOSE WHO HAVE NOT SEEN A FAMILY DOCTOR IN THE PAST YEAR IN Q15]

Q17. You indicated that you have not seen your family doctor/GP in the last year. To clarify, do you have a family doctor/GP?

Yes

No

[ASK ALL WHO SAY YES AT Q17 OR CHOOSE AT LEAST ONCE FOR FAMILY DOCTOR AT Q15]

Q18. If something comes up, how easy or difficult is it to get an appointment to see your family doctor/GP (other than booking ahead for an annual check-up or something similar)?

Easy – I can get in within a day or two

Usually have to wait at least a few days but could be sooner if I need to

Difficult – Usually takes at least a week or more to get an appointment

[ASK ALL WHO SAY NO AT Q17]

Q19. Have you been looking for a family doctor and, if so, for how long?

I've been looking for less than 6 months

Looking for 6 months to a year

Looking for more than a year

I was looking but I have given up for now

Not looking, don't need/want a GP

Medical specialist section

[ASK THOSE WHO HAVE NOT SEEN A MEDICAL SPECIALIST in Q15]

Q20. You indicated you have not seen a medical specialist in the last year. Can you give us a sense of why?

Haven't needed one

Need one – waiting for an appointment

[ASK ALL WHO HAVE SEEN A SPECIALIST IN Q15 OR NEED ONE IN Q20]

Q21. You indicated you either found out you needed a medical specialist or saw one in the last year.

Could you tell us what type of specialist?

(If you have seen or needed to see more than one specialist, please select all that apply.)

[keep in alphabetical order]

Cancer specialist/oncologist

Cardiologist/Heart specialist

Dermatologist/Skin

Ear/Nose/Throat specialist

Eye specialist/ophthalmologist

Internal Medicine

Obstetrician/Gynecologist

Orthopedic specialist/Bones

Psychiatrist

Respirologist/Lungs

Other type of specialist [specify:]

[ASK ALL WHO HAVE SEEN A SPECIALIST IN Q15 OR NEED ONE IN Q20]

Q22a. And, from the time you found out you needed a medical specialist to the time you were able to see them, how long did you wait?

(If you're still waiting to see the specialist, please indicate how long you have been waiting)

Less than 6 months

6 months to a year

More than a year

Still waiting, specify number of months: _____

[ASK THOSE WHO INDICATE MORE THAN ONE SPECIALIST in Q21]

Q22b. You've indicated that you've seen more than one specialist in the last year. Which would you say has been the most important or critical to your health?

[please select just one]

[keep in alphabetical order – SHOW ONLY THE ONES CHOSEN AT Q21]

Cancer specialist/oncologist
 Cardiologist/Heart specialist
 Dermatologist/Skin
 Ear/Nose/Throat specialist
 Eye specialist/ophthalmologist
 Internal Medicine
 Obstetrician/Gynecologist
 Orthopedic specialist/Bones
 Psychiatrist
 Respirologist/Lungs
 Other type of specialist [specify:]

Q22c. And, from the time you found out you needed to see this most important medical specialist to the time you were able to see them, how long did you wait?

(If you're still waiting to see the specialist, please indicate how long you have been waiting)

Less than 6 months
 6 months to a year
 More than a year
 Still waiting, specify number of months: _____

Diagnostic testing section

[ASK THOSE WHO HAVE NOT HAD AN ADVANCED DIAGNOSTIC TEST IN Q15]

Q23. You indicated you have not had an advanced diagnostic test (like an MRI or CT Scan) in the last year... is that because you haven't needed one, or because you have needed one but haven't been able to get it?

Haven't needed one
 Need one – on a waiting list

[ASK ALL WHO HAVE HAD AN ADVANCED DIAGNOSTIC TEST IN Q15 OR NEED ONE IN Q23]

Q24. You indicated you have had an advanced diagnostic test – or found out you need one – in the last year. Remembering your answers will be kept private, could you tell us what type of test?

(If you have received or needed more than one test, please select all that apply.)

MRI
 CT Scan
 PET Scan
 Angiography
 Ultrasound
 Endoscopy
 Other type of test (specify):

[ASK THOSE WHO INDICATE MORE THAN ONE DIAGNOSTIC]

Q24b. You indicated you have had or needed more than one an advanced diagnostic test in the last year. Which would you say has been the most important or critical to your health?

Please select just one

[SINGLE CHOICE, KEEP ORDER – SHOW ONLY THE ONES SELECTED AT Q24]

MRI
 CT Scan
 PET Scan
 Angiography
 Ultrasound
 Endoscopy
 Other type of test (specify):

Q24c. And, from the time you found out you needed this most important advanced diagnostic test to the time you were able to receive it, how long did you wait? (If you're still waiting for such a test, please indicate how long you have been waiting)

Less than 6 months
 6 months to a year
 More than a year
 Still waiting, specify number of months: _____

Surgery section

[ASK THOSE WHO HAVE NOT HAD SURGERY THIS YEAR IN Q15]

Q25. You indicated you have not had surgery this year. To clarify, is that because you haven't needed any surgery or because you have needed surgery but haven't been able to get it yet?

Haven't needed surgery
 Need surgery – on a waiting list

[ASK THOSE WHO HAD SURGERY IN Q15 OR NEED SURGERY IN Q25]

Q26. You indicated you have had surgery – or found out you need surgery – in the last year. What type of surgery was/is it?

(If you have received or needed multiple procedures, please select all that apply.)

Orthopedic (bones, joints, cartilage, and the muscles that attach to them)

Organ-related (kidney, heart, lungs, skin, liver etc.)

Cancer-related (i.e. tumor removal)

Eyes, nose, throat (i.e. cataracts)

Digestive system

Other, specify: _____

[ASK THOSE WHO INDICATE MORE THAN ONE SURGERY IN Q26]

Q26b. You indicated you have had or needed more than one surgery in the last year. Which would you say has been the most important or critical to your health?

Please select just one.

[SINGLE CHOICE – KEEP ORDER]

Orthopedic (bones, joints, cartilage, and the muscles that attach to them)

Organ-related (kidney, heart, lungs, skin, liver etc.)

Cancer-related (i.e. tumor removal)

Eyes, nose, throat (i.e. cataracts)

Digestive system

Other, specify: _____

Q27. And, how would you describe the intensity, or severity of that surgery?

Minor surgery (in and out in less than a day, short recovery time)

Moderate (longer in hospital and/or longer recovery time, but “routine” procedure)

Major surgery (complex, lifesaving, long stay in hospital, long recovery)

Q28. And, from the time you found out you needed to see this most important surgery to the time you were able to receive it, how long did you wait? (If you’re still waiting, please indicate how long you have been waiting)

Less than 6 months

6 months to a year

More than a year

Still waiting, specify number of months: _____

Part 3**Overall system quality section**

[ASK ALL]

Q29. OK, thinking about the overall quality of health care you receive in your province, how would you describe your own personal experiences in the last five years?

Very Good

Good

Poor

Very poor

Q30. Over the past 10 to 15 years or so, would you say the overall quality of health care in in your own province has ...

Improved

Stayed the same

Deteriorated

Prescription drugs

Q31a. Thinking about the medications you have been prescribed by a doctor in the last year, how many prescription medications are you on? We're talking about things like pills, ointments, etc. that you can't buy over the counter, but are prescribed by a physician.

None

1-3

3-6

6-9

More than 9

[ASK THOSE WITH AT LEAST ONE PRESCRIPTION]

Q31b. And, in the past 12 months, did you or anyone else in your household do any of the following?

Yes, have done

No have not

Decide **to NOT fill** a prescription for medicine because of the costDecide to **NOT renew** a prescription due to costDo anything to make a prescription **last longer** (such as skip doses/split pills/etc.) due to costExperience **financial difficulty** due to the cost of prescription medicine (such as needing to borrow the money or cut back on something else)**Worry** about how you, or members of your family, might be able to afford the prescription drugs you need

[ASK ALL]

Q32. What about medical devices or goods other than prescription drugs – things like hearing aids, dentures, canes or walking aids, etc.? Do you or anyone else in your household need or use these things?

Yes

No

[ASK THOSE WHO SAY YES]

Q33. And, in the past 12 months, did you or anyone in your household do any of the following?

Yes, have done

Not have not

Decide not to get a new medical device/tool because of the cost

Experience financial difficulty due to the cost of these types of items

Worry about how you or members of your family might be able to afford these types of items

[ASK ALL]

Q34. Have you ever used cannabis for medical purposes, either because a doctor prescribed it to you or because you felt it would help?

Yes, it was prescribed

Yes, wasn't prescribed but used it on my own

No, never used cannabis for medical purposes

Prefer not to answer

[ask those who say yes at Q34]

Q35. And, in your experience, did it help?

Yes

No

Not sure