

## **Age Friendly Ireland**

### **Research on Older People's Perceptions and Experiences of Right-sizing**

Age Friendly Ireland is conducting a survey on older people's perceptions and experiences of right-sizing. This is being carried out in the context of developing housing options of our ageing population. It is supported by the National Network of Older People's Councils. The purpose of the survey is to gather information from older householders regarding the following:

- Perceptions of older people to down-sizing/right-sizing
- Attitudes and concerns of older people to leaving the family home
- Obstacles older people encounter when seeking to right-size
- Their experiences of going through the process

The information will be used by Age Friendly Ireland to influence Local and National Government Housing policy. It is really important that we hear what older people have to say on matters of concern to them. The results of the survey will only be used for research and to inform policy. All information given will be treated in the strictest of confidence. Participation in this survey is voluntary

The survey will be available to complete, both online or in a hard copy, from mid-March until mid-April. If you chose to fill in a hard copy, you can return it through your Older Person's Council representative or the Age Friendly Programme Manager in your Local Authority by 20<sup>th</sup> of April 2020

In addition to the survey, four Local Authorities i.e. Westmeath County Council, South Dublin County Council, Roscommon County Council and Fingal County Council, have agreed to facilitate small focus group sessions in order to discuss in more detail the housing options of our ageing population.

If your county is not one of the four above and you are interested in telling us more about your experience, don't despair as there will also be opportunities for one-to-one interviews with older people who have already undergone down-sizing/right-sizing, in order to record their experiences and pass on the learning to others.

If you have any questions or concerns, please contact Eithne Mallin at 087 2031274 or email [eithnemallincons@gmail.com](mailto:eithnemallincons@gmail.com).

**Thank you**