

APPENDIX - I

Questionnaire to conduct a survey for my doctoral thesis “ Problems of the elderly in Goa: A Sociological Study:”

Individual details of the Elderly

1. Name
2. Age
3. Education
4. If education is nil or only up to primary
 - a) Can you read: Yes/No
 - b) Can you write: yes/No
5. Major occupation during your life time
6. Last occupation
7. Religion
8. Current marital status
9. If married, does your spouse live with you / living away / dead / not known
10. If widowed, then how many years?
11. If widowed, then how many years?

Males Females

- a) Total Number born
- b) Total Number alive
- c) Number living in this house
- d) Number living elsewhere

General Feeling

12. When people become old they experience several problems related to their old age. Do you feel that you have experienced or you are now experiencing any of these problems?

Do you feel?

- | | |
|--|--------|
| a) Not enough money for food | Yes/No |
| b) Not enough money for clothing | Yes/No |
| c) Not enough money for housing (to buy or rent a house) | Yes/No |
| d) Not enough money to buy medicines | Yes/No |
| e) Feeling lonely | Yes/No |
| f) Health is not good | Yes/No |
| g) Children do not stay with you | Yes/No |
| h) Children do not visit as often | Yes/No |
| i) Nobody to help | Yes/No |
| j) Nobody to prepare food | Yes/No |
| k) Afraid of thieves | Yes/No |
| l) Not able to move around | Yes/No |
| m) Nobody to help when you are sick | Yes/No |

Is old age a curse?

13. In future the role of the family support system will decline and the elderly persons must learn to be self reliant. Yes / No

24. The mother-in-law, daughter-in-law conflict. Is it increasing, decreasing or same in the Indian society?

25. Do you think the role of grandchildren will decrease in future ? yes/No

26. Do you think the role of TV will increase for the elderly in future? Yes / No

Health

27. How is your health in general? Do you feel very healthy/fairly all right/unhealthy?

28. Do you have any problems with the following?

Vision Yes/No

Hearing Yes/No

Walking Yes/No

29. Do you use the following?

Spectacles Yes/No

Hearing aid Yes/No

Walking stick Yes/No

Dentures Yes/No

Wheel chair Yes/No

If yes, with its help,

Can you see properly? Yes/No

Can you hear properly? Yes/No

Can you walk properly? Yes/No

Can you chew properly? Yes/No

30. Who financed you for the aids? (Spectacles/hearing aids/walking stick/wheel chair/dentures)

Self / Children / Voluntary agents / others/

31. Do you require another person's assistance for the following
(No need of help/Need help/Cannot do even with help)

Get out of the bed

Go to toilet

Bathing

Walk inside the house

Walk for some distance

To take food

Dressing

32. Can you travel by yourself? Yes/No

33. Do you have any perennial health problem? Yes/No
34. If yes, the disease(s)
35. If you get sick, will you consult a doctor? Yes/No
If yes, Government/private
36. Were you sick at any time during the last
One week? Yes/No
One month? Yes/No
One year? Yes/No
37. If yes, then what was your sickness?
38. Did you consult the doctor? Yes/No
39. What was the type of treatment? Allopathic/Ayurvedic/Others
40. Did anyone help you to acquire a doctor? Yes/No
41. If yes, who helped you: (Children/other relatives/Neighbors/Others)
42. Did you take the prescribed medicines? Yes/No
43. If no, what was the reason?
44. Who paid for the medicine and medical consultation?
(Children/other relatives/Neighbors/Others)
45. If you become sick again, will you consult a doctor? Yes/No
46. If no, what is the reason? (No money/Nobody to bring a doctor or take me to the doctor/doctor cannot help me/doctor is far away)

Living Support

47. Are you engaged in any work now for which you are drawing an income?
Yes / No
48. If yes, what type of work?
a) Agriculture related work

- b) Work in shops and others
- c) Others (describe)

49. What is your means of subsistence?

- a) Income from own current work
- b) Income from past work, pension etc
- c) Supported by children residing in the house
- d) Supported by children residing elsewhere
- e) Supported by other relatives
- f) Supported by others (charitable organizations/Government)
- g) Others (Specify)

50. Is the income enough for a living? Yes / No

51. Do you contribute any of your own money for the household expenses? Yes / No

52. Do you own any land property? Yes / No

53. If yes, how much?

54. Do you get any pension or any other regular cash income? Yes/No

55. If Yes, how much per month?

56. Do you own a house in your name? yes / no

57. Do you have a bank account in your name? Yes / No

58. Do you have any savings for an emergency purpose? Yes / No

59. Are you aware of any schemes of the state government for the elderly? Yes / No

60. Are you eligible to get it? Yes / No

61. Do you find any problems related to get that amount from the government ? Yes / No.
if yes, please list a few.

62. Is the amount given by the government is enough? Yes / No

63. Do you get pension?
64. Is the pension amount enough? Yes / No
65. Should pension be compulsory for all employees as well as pension schemes devised for self-employed persons. Yes / No
66. Do you face problems for not staying on the ground floor? Yes / No
67. Ground floor should be reserved for 60+ and suitable tax concession given to landlords for accommodating the elderly. Do you agree? Yes / No

Social Interaction

68. How many persons live with you in the house?
69. Does your spouse live with you in the house?
70. Do your children live with you in the house? If yes, sons/daughters
71. Please tell whether your children who are not staying with you do the following? If applicable tell how often they do it. (once a week, once in a month etc)
- a) Visit
 - b) Write letters, e-mail, telephone
 - c) Send presents
72. Please tell whether your brothers/sisters who are not staying with you do the following? If applicable tell how often they do it. (Once in a week, once in a month etc)
- a) Visit
 - b) Write letters, e-mail, telephone
 - c) Send presents
73. Do you feel lonely or left out by your children, relatives and friends? Yes / No
74. Do you visit your children (who do not stay with you) or relatives often?
- Rarely, sometimes, often
75. If yes, how often?
76. Are you engaged in any community voluntary work? Yes/ No

77. If Yes, how often?

78. Are you a member of any social or religious group that meets regularly? Yes / No

79. Is there a change in relationship with your spouse in old age? (Better, worse, same as before)

Life Preparatory Measures

80. When you were young, did you believe that children would look after the parents when they are old ? Yes / No

81. Do you believe that one should save money to lead a normal life when one becomes old? Yes / No

82. If yes, what type of measures have you taken?
Can you think of any measures you might have adopted when you were young to maintain health? (Like exercise, good eating, avoidance of certain habits etc.)

83. When you were young, have you ever thought of how you would be spending leisure time when you retire from work? Yes /No

84. How are you spending leisure time nowadays?
Please tell how often you spend time for the following during your leisure time.

(Never, sometimes, often)

Indoors

- a. Sitting alone and thinking
- b. Watching TV/listening radio
- c. Playing with grandchildren
- d. Playing chess, carom board, cards etc
- e. Reading books/newspapers
- f. Gardening
- g. Exercise

h. Praying

Outdoors

a. Jogging

b. Go to movie/theatre

c. Go to church/temple etc

d. Go to picnics/tours etc

e. Go to beach/park

f. Social/political work

85. At present will you accept any suitable job for you, to earn money or more money if already working currently? Yes/No

86. In your house who usually makes final decisions in major issues. (Buying or selling property, marriages in the family, on education of children, on buying durable goods like car, TV etc)

87. Do the family members consult you about anything? Yes/No

88. Do they respect your opinion or advice on all matters?

89. In your opinion, in what way does your family/old age home help you to lead a happy and comfortable life?

90. In your opinion, in what ways the government can help you?

For the Elderly at Old Age Home

91. Before coming to the old age home, with whom you were staying? (Living alone, sons, married daughter, unmarried daughter, spouse, brother, unmarried or widowed sister, married sister, other relatives, family not related to them)

92. What kind of housing did you have before coming to an old age home? (No shelter, hutment, somebody's house, rented room, rented house, rented flat, own flat, own house)

93. Who brought you to the old age home? (Self, spouse, son, son-in-law, daughter, daughter-in-law, brother, sister, grandchild, nephews, other relatives, unrelated persons etc)
94. What were the reasons for moving to old age home? (Nobody to take care, nobody to take care and no money, difficult to accommodate, disagreed with relatives or son, housing too inadequate, did not like to be dependent, to do social work)
95. Do you pay anything for the old age home? Yes or No
96. If yes, what is the amount you pay?
97. Do you pay by yourself or somebody else pays for you?
98. If somebody else pays for you then who is that somebody?
99. Are you allowed going out? Yes or No.
100. If yes, then what is the frequency? Rarely, weekly, monthly, quarterly, frequently, six monthly)
101. Did you get adequate medical help before joining the old age home? (Never got help, did not need nor could afford, much better help earlier, not needed but could afford, got it when needed)
102. Your mobility. (Bedridden, slightly mobile, fairly mobile, quite mobile, mobility with wheelchair, mobility with stick, limited mobility because of blindness)
103. Any health problems? (No complaint, diabetes, paralysis, asthma, cough, tuberculosis, heart disease, blood pressure, forgetfulness, kidney trouble, tremor, arthritis, rheumatism, cataract, eye defects, deafness, mentally confused, anemia, giddiness, disabilities of arms and legs, psychic troubles, fits, varicose veins, leprosy, speech defect, benumbing of senses, fever, skin disease, stomach complaints, cancer, gynecological problems, any other)
104. Do you need any personal help from others for everyday living? (No need, Needed help for everything, needed help to go to latrine, needed help to get dressed, help for going outside, help for washing clothes and utensils)

105. What kind of tasks do you perform? (Nothing, kitchen chores other than cooking, cooking, gardening and farming, sweeping, marketing, helping others, work in the institution, any work asked to do)
106. Do you have friends here? (None, loves to be alone, does not like anybody, quarrels with everybody, one or two friends, three to nine friends, healthy relations with all, ten to twenty friends)
107. How do you spend your leisure time? (Do nothing nor are capable of doing, do nothing though capable, reading, listening to the radio, watching TV, writing letters, meditation & yoga, religious activities, work in the institution, playing cards own business, walking, etc)
108. Do you have any suggestion for improving the old aged home? (No suggestions, everything is satisfactory, suggestions regarding, bed ridden patients, concerning food, concerning medication, concerning housing, concerning library, regarding supervision?)
109. Are you satisfied with the life in the old age home? (Fully satisfied, no satisfaction at all, partially satisfied but has no choice, no complaint about the home but other personal problems)
110. If you compare your present life with the past, what do you feel? (No change, both are not good, present life is better, earlier was much better and busier, earlier better financially, earlier better for health, living among own people and hence better, earlier was best, earlier was more free, cannot say)
111. Do you feel that your children are caring for you? (Had only sons and they took care, had only sons but they did not care, had only daughters and they took care, had only daughters and they did not take care, sons and daughters and both took care, sons and daughters and both did not take care, sons and daughters but only sons cared, sons and daughters but only daughters cared, no children, both children but parents keep away)
112. What are the things that are making you to enjoy the old age life? (No responsibility, proximity of children and grandchildren, enough time for hobby and prayer, approaching death, many good things, disengagement with life, cannot say, nothing good)

113. What do you think are the unpleasant things in the old age? (Children and grand children away, bad health, fear of death, dependence on others, none to take care, nothing bad but a natural course, bad health/fear of death/dependence on others etc, family members cannot understand the old, cannot say)
114. Mention the number of years that you have spent in the old age home.

APPENDIX – II

Glossary

Estado da India: Portuguese State of India

Fidalgo: Nobleman

Foro: land revenue

Irmandade: Brotherhood

Mesa: Board of Guardian of Misericordia / managing board or council

Mesticos: Persons of mixed blood/ a person of Indo-Portuguese ancestry

Orfas del rei: Kings orphans

Provedor: Purveyor

Recolhimento: Retirement Home/house for destitute

Reinois: Portuguese born in Portugal

Regente: Warden, guardian

Santa Casa da Misericordia: Holy House of Mercy – a charitable institution run by a brotherhood.

Xerafim: Portuguese Gold or Silver coin