

Gabriola Beyond Recovery Survey

The Gabriola Health and Wellness Collaborative and Sustainable Gabriola have come together to develop a community wide survey to understand Gabriolans' experiences during this pandemic, to find out what we have learned, and how we can use this opportunity to do things differently. Your participation in the survey will help us, as a community, to strengthen our responses and shift to different behaviours that will continue to serve us well in the months to come and give our community an opportunity to rethink our future.

The survey consists of 16-22 questions and will take 10-15 minutes to complete.

Your responses are completely anonymous, and we cannot trace them back to you. To further protect your anonymity, we will combine your responses with those of many others and summarize them in a report which will be made available publicly.

1. How old are you?

19 or under

50-64

20-29

65-74

30-39

75 and over

40-49

Prefer not to answer

2. Gender Identity.

Female

Male

Non-binary.

Prefer not to answer

3. How was your well-being impacted in the following areas when compared to prior to the pandemic?

	Better	Same	Worse	Not applicable
Affordable food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Secure housing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Social connections	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Income	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Connection to nature	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Child Care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Education	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Physical activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Health care/personal supports	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

4. Which of the following words best describe what you have been feeling the most over the past few months?
(choose up to three)

- | | | | |
|-----------------------------------|-------------------------------------|------------------------------------|------------------------------------|
| <input type="checkbox"/> Grateful | <input type="checkbox"/> Anxious. | <input type="checkbox"/> Peaceful | <input type="checkbox"/> Normal |
| <input type="checkbox"/> Bored | <input type="checkbox"/> Lonely | <input type="checkbox"/> Anxious | <input type="checkbox"/> Supported |
| <input type="checkbox"/> Stressed | <input type="checkbox"/> Optimistic | <input type="checkbox"/> Depressed | <input type="checkbox"/> Calm |

Other:

5. Was there anything that improved your sense of well-being from March to the end of July?

6. Was there anything that reduced your sense of well-being from March to the end of July?

7. What behaviours did you change, or habits did you develop during the March through July period? We have noted a few potential changes and will provide an opportunity for you to add your own in Question 8. Please describe if you plan to continue these habits.

	More	About the same	Less	I plan on continuing this trend
Driving	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cooking or baking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gardening	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Contacting family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Engaging in social media	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Washing hands	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wearing mask in public places	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Physical distancing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Travelling to Vancouver Island	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Travelling to other countries	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Buying online	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Buying local products	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

What motivates you to buy local products?

7. What additional behaviours have you changed or increased? Please add a + after those ones you plan on continuing.

a.

b.

c.

d.

8. How well do you think the following have done in responding to the pandemic?

	Very poorly	Poorly	Mixed	Well	Very well	Neutral/ Don't know
Community members	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Comment?	<input type="text"/>					
Community organizations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Comment?	<input type="text"/>					
Local businesses	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Comment?	<input type="text"/>					
Governments	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Comment?	<input type="text"/>					
Media	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Comment?	<input type="text"/>					

9. Major changes in societies often occur after a global event such as a pandemic. You may have experienced or heard about changes that you would like to see happen on Gabriola and/or in the broader society? How would you prioritize the following?

	Strongly agree	Agree	Neither agree or disagree	Disagree	Strongly disagree
Improved low emission transportation infrastructure (bike lanes, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Telephone appointments with service providers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Increased mental health and addiction services	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Universal basic income	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eliminate fossil fuel subsidies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Increased access to locally produced food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Improvements for staff and patients in care homes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Addressing racism	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Other (please specify):

10. What was your employment status as of January 1, 2020? Please check all that apply.

- | | |
|--|---|
| <input type="checkbox"/> Employed | <input type="checkbox"/> Retired |
| <input type="checkbox"/> Self-employed | <input type="checkbox"/> Student |
| <input type="checkbox"/> Unemployed | <input type="checkbox"/> Prefer not to answer |

11. If you did not work during the pandemic skip to question 17.

If you did work, which of the following describe your work pattern?

- | | |
|---|---|
| <input type="checkbox"/> I worked regularly starting before the pandemic | <input type="checkbox"/> I was laid off during the pandemic |
| <input type="checkbox"/> I started to work during the pandemic and worked regularly | <input type="checkbox"/> N/A |
| <input type="checkbox"/> I worked intermittently during the pandemic | |

Other (please specify)

12. Please identify the type of position you occupied

- An essential health service position (e.g., health worker, first responder, allied health professional such as home care nursing)
- Essential retail and service position (e.g., grocery store staff, gas station staff, drug store, hardware store, food production)
- Trades person
- Other

Please describe your position:

13. How were your hours of work affected?

- I had roughly the same hours as before
- My hours were reduced
- I worked increased hours
- N/A

14. How did the COVID containment measures affect the way you did your work (e.g., cleaning, managing customers, altered work processes). Please describe.

15. What changes in work processes and conditions would you like to see in the future?

16. What impacts did changes to your work environment or processes have on your physical and mental health?

17. How many live in your household (include yourself)?

- 1
- 2
- 3
- 4 or more

18. Have you received any benefits from government or community programs to address COVID-19 impacts?

Yes

No

If yes, please specify:

19. What is your primary income source?

Employment income

Other family members

Investment and trust income

Student loan

Pension Income (private and from government sources)

Prefer not to answer

Income from government sources (e.g., Employment Insurance, income assistance)

20. What is your household Income level?

Under \$15,000

Between \$75,000 and \$99,999

Between \$15,000 and \$29,999

Between \$100,000 and \$150,000

Between \$30,000 and \$49,999

Over \$150,000

Between \$50,000 and \$74,999

Prefer not to answer

21. Any further comments?

Thank you for participating in the survey. The results will be available by the end of October. If you have any questions please feel free to contact us at BeyondRecoveryGabriola@gmail.com.