

Interview Schedule

Older Cantabrians' Experiences of Living Through Multiple Crises and their Resilience and Ability to Age in Place

Opening

- Briefing
- Acknowledgements
- Introductions (researcher, supervisor)
- If face-to-face interview: refreshments, general orientation to the facilities, bathrooms, emergency exits etc.

Aims of the interview

- To document your experiences of the 2010/2011 Canterbury earthquakes and the COVID-19 lockdowns (2020 – 2021)
- To represent the crises-related stories of older Cantabrians
- To better understand the role of resilience (“coping”/“managing”) and how this changes with age and time

Broad questions and related/optional prompts aim to capture the areas above. Also consider the matrix overleaf for whether dimensions relating to resilience, ageing well in place, social connection, resources, technology and the media have been captured.

- Where were you living for the 2010/2011 earthquake and the 2020 covid pandemic?
- What things helped you cope throughout the earthquakes in 2010 and 2011 and how was that period for you?
- What things helped you cope with the COVID lockdowns and how has that period been for you?
- How prepared were you for the earthquakes and lockdowns?
- How did you get the information you needed to know about what was going on during these situations?
- Is there anything we have missed?

Debrief

- Thanks, confirm if further assistance or debriefing required, advise contacts for additional help if required
- Face-to-face interviews: Koha / refreshments / assistance transporting to next place?

Dimension (descriptions) <i>Possible prompts</i>	General Resilience <u>(coping/managing)</u>	Ageing Well in Place (the ability to reside where you choose with the services/supports required to live with minimal functional loss compared to others in your age group)	Social Connection (the quality and number of meaningful relationships and social supports in relation to sense of attachment to home)
	<ul style="list-style-type: none"> • <i>What life experiences facilitated or constrained coping?</i> • <i>How was your sense of self and control and autonomy affected by either or both situations</i> 	<ul style="list-style-type: none"> • <i>What facilitated living well at home during the events</i> • <i>Benefits of where you were</i> • <i>Disadvantages of where you were?</i> • <i>Did your feelings about staying at home change between events?</i> 	<ul style="list-style-type: none"> • <i>Time living in community</i> • <i>Contact with others? In what ways? Frequency?</i> • <i>How did this change with the events</i> • <i>Community services availed throughout the aftershocks? Lockdown?</i> • <i>Importance of family/whanau/friends during these events and aftermath</i>
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Dimension (descriptions) <i>Possible prompts</i>	Resources (physical, mental, emotional, social, financial, medical, cultural, spiritual)	Technology (home automation, telehealth services, wearable technology)	Media
	<ul style="list-style-type: none"> • <i>What services/supports did you lose?</i> • <i>How did you cope? – any alternatives?</i> • <i>How do you think where you live, your social connections, and health helped or hindered your coping</i> 	<ul style="list-style-type: none"> • <i>What impact did technology have on your experience living through aftershocks? In lockdown?</i> • <i>In what ways did technology change between the E/Q and lockdown?</i> • <i>How did technology help or hinder your ability to access information and communicate throughout the E/Qs? Lockdowns?</i> 	<ul style="list-style-type: none"> • <i>Did you find the media messaging and guidance in the aftermath of the earthquakes/pandemic applicable or useful?</i> • <i>What media format did you use in each event?</i>
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