

## Information Sheet

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



Kia ora, my name is Annette Tainui, and I am a Master's student undertaking my thesis within the School of Psychology at Massey University. This information sheet is to help you decide if you would like to be interviewed for a study into the experiences of older Cantabrians across time between the Canterbury earthquakes and the COVID-19 pandemic. You may want to talk about the study with other people such as family, whanau, or friends. You are most welcome to contact me directly or my Supervisor, Rosie Gibson, if you have any questions (contact details below).

### Project Description

Natural and man-made hazards are increasing in frequency. This research aims to explore the effects on the resilience and ability to age well in place of older adults living through multiple crises across time. Understanding how older adults cope will enable better support of ageing healthily, independently, and for longer. This study will involve interviews with up to 14 older Cantabrians to better understand key themes arising from their experiences of crises and social restrictions.

**You are invited to take part in an interview. If you are interested, please consider the information below and complete the consent form attached.**

### Who can take part?

- To be eligible you need to be aged around 77 years or over, have resided in the community in Canterbury since 2010, and not have any cognitive impairments.
- You do not have to have a COVID vaccination to be eligible to take part.
- You are welcome to invite someone to come along to the interview to support you (e.g. your spouse, family member, or friend). Alternatively, they are welcome to join as a co-participant to provide additional details regarding your collective experiences.

### What will happen if I take part?

- Before your interview you will be asked to sign a consent form and answer some brief questions about who you are. We will use these questions to check if you are eligible and to describe the group of participants. If you prefer, this can be done over the phone with the Principal Researcher. If you are bringing

someone to join as a co-participant, they will also need to sign and complete a form.

- While the COVID traffic light setting for NZ is orange, face to face interviews are offered and will be conducted in community spaces familiar to you such as in libraries, local Lions Clubs, or community centres. If you prefer, interviews at your home or digital interviews over zoom or the telephone can be arranged.
- Face to face interviews would be expected to approximately an hour with up to two hours scheduled to allow for introductions, debriefing, and refreshments.
- Digital interviews over zoom or the telephone are expected to take one hour, however up to an hour and a half would be scheduled to allow for introductions and debriefing.
- For face-to-face interviews a distance of 2m would be maintained at all times between yourself and the Interviewer (Annette Tainui) who is triple vaccinated and would be wearing a face mask throughout (a vaccination certificate can be provided on request). The Interviewer will only proceed with face-to-face interviews once a same-day negative RAT test has been confirmed.
- Interview times will be scheduled throughout August 2022. If the schedule does not suit you then another arrangement may be possible.
- During the interview you will be asked to share your experiences throughout the 2010 and 2011 Christchurch earthquakes and aftermath as well as the 2020 COVID-pandemic and subsequent lockdowns. If you bring someone with you as a co-participant their thoughts and experiences will be included. The interviewer will have a list of general questions, but you do not have to answer everything. Equally, you can add information of your own.

### **What are the possible benefits and risks in participating?**

Taking part in the interview is voluntary. If you participate your contributions will help guide research, policy, and services to improve community health and disaster preparedness. Recalling memories of the earthquake or pandemic may be distressing and you are not obliged to respond to all questions if you aren't comfortable. A \$20 grocery voucher will be provided in appreciation of your time and up to \$10 in travel costs if applicable.

### **You are under no obligation to accept this invitation. If you decide to participate, you have the right to:**

- decline to answer any particular question;
- ask for the recorder to be turned off at any time during the interview;
- withdraw from the study (before, during, or after the interview);
- ask questions about the study at any time during participation;
- provide information on the understanding that your name will not be used in the outputs;
- be given access to a summary of the project findings when it is concluded.

## What will happen to your information?

- All of your information will be kept strictly confidential and any identifying information will be removed.
- Interviews will be digitally recorded, and audio recordings will be transcribed.
- Interview transcriptions will be made available to you for one week to edit if you wish
- Data collection, analysis and interpretation of themes will be conducted separately for urban locations of different socio-economic status

## Research Findings

- A summary of the findings will be available to you and your community organisations in mid-2023.
- Findings will also be reported on the Health and Ageing Research Team website and annual newsletter as well as published in a scientific journal.

## Information Storage

- All digital information will be stored under password protection only accessible by the researchers managing and analysing the data.
- All paper information will be stored in a locked filing cabinet at Massey University.
- The consent forms will be stored separately from the other data in order to preserve confidentiality and protect identity.
- All data will be destroyed five years after collection.

**Thank you for taking the time to consider being involved in this research. If you are interested in participating, please contact me to ask any questions, begin the consent process, and set a convenient time for your interview.**

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*This project has been reviewed and approved by the Massey University Human Ethics Committee: Southern B, Application SOB 22/18. If you have any concerns about the conduct of this research, please contact Dr Gerald Harrison, Chair, Massey University Human Ethics Committee: Southern B, telephone 06 356 9099 x 83570, email [humanethicsouthb@massey.ac.nz](mailto:humanethicsouthb@massey.ac.nz).*