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**QUESTIONS FOR THE INTERVIEW**

OLDER MEN as COMMUNITY MEMBERS

Name and surname of the interviewer:

/… completed by examiner…/

Town/village:

Municipality:

Date and time at the beginning of the interview:

Socio-demographic characteristics of the interviewees

1. Age:
2. Gender:
3. Education (the highest level of education reached):
4. Employment status (retired, partially employed, employed, other):
5. Profession/Vocation:
6. Work, carried out or carring out (slightly longer explanation):
7. Marrital status (single/in partnership-married/widowed):
8. ***GENERAL INFORMATION/DATA***

***PERSONAL HISTORY & PERSONAL LIFE & SUBJECTIVE WELL-BEING***

1. **How would you shortly describe yourself regarding your (previous or current) work, occupation, activities, and hobbies?**

* What most defines you?
* With what do you identify most?
* Can you describe your main activities in the past and now (working life)?
* What were your main leisure time interests in the past and now?

1. **Retirement:** **How did you experience the transition into the retirement?** (*If not retired: How are you experiencing the transition into the retirement*?)

* Were you/are you afraid of retirement? Why and because of what?
* Did you feel distress because of retirement? Why? How you coped with it?

1. **Can you tell me something about your family?**

* How important is family for you?
* How many people live in your household? (Wife/partner, children, grandchildren)?
* How often do you meet with your family members (if you do not live together)?
* How often do you meet with other relatives that matter most to you?
* How would you describe your relationship with your family members? Do you support each other? Are you (inter)connected? If not -why? Can you explain these more specifically (how, when, who need help or support most)?
* Are you dependent from each other? Can you give an example of (inter)dependency?
* What kind of help your family members offer you?
* How do you support your family members (financially, emotionally, how else?)?

1. **Can you tell me something about your friends and neighbours?**

* How many friends do you have? Who are they? Why do they deserve your friendship?
* Can you explain how important is the fact of having friends for you?
* How many friends do you have in your (local/municipal) community? Can you explain how important are they for you?
* Can you tell me something about meeting others in your community – do you meet other people regularly? With whom do you socialize? With what purpose? Where do you usually meet?
* Do you have good contacts with your neighbours? Is this fact important for you? Why?
* Do you have friends outside your community? How do you maintain relations? Are these friends important to you? Why?
* Have you lost some good friends in last decade (or after retirement)? Why do you think did this happen?
* Where do you meet acquaintances these days?
* Where do you meet new people these days?
* Are you willing to get new friends? Who can become your new friend? Why? Where could you look for new acquaintances or friends?

1. **What about trust: who do you trust most? Why? What characteristics/qualities should a person have to deserve you trust? Do you now have more/less people who you can trust than 10 years ago?**
2. **How would you describe your health and well-being?**

* Do you consider yourself as a happy man? Can you recall what made you happy in your life (in the past)? What makes you happy these days?
* What about satisfaction with your life: do you perceive yourself as a satisfied person? Where did you find satisfaction when you were 40 and where do you find satisfaction these days? Can you give some examples?
* How would you assess your health? Can you still do things that matter most to you or are you limited by health restrictions? Please explain (or give example).
* Did you need to change (anyhow) the way of life because of health limitations? How did this affect you?
* Who helps you most when you have health problems? Who else can you count on? How do you feel today?
* Do health problems cause you significant financial costs? How much of your salary/pension do you spend on medicines/drugs and other medical devices to improve your health or physical well-being (in % - for example 10%)?
* How would you describe your financial situation? Do you get by with your salary/pension well or with difficulty? Why?
* Are you financially independent? If not, who helps you most?

1. **What about loneliness: do you sometimes feel lonely? How do you deal with this fact? Who/what helps you most in this regard?**

* Who gives you emotional support if you need it?
* Where do you search for information if you need it? Who gives you relevant information if you need it?
* Can you use smartphone or internet?
* Do you have a car licence? Do you drive your own car?

***COMMUNITY***

1. **How long have you lived in this neighbourhood/village? Can you please share with me some memories about it?**
2. **Please explain your feelings about this community. Are you happy to live here? Why?**

* Have you ever thought about moving elsewhere?
* Which spaces in the community are important to you?
* Where in the community do you spend most of your time?

1. **Do you participate in your community? Can you give me an example of your involvement in community activities? Who or what encourages you to be involved?**
2. **Do you feel accepted in your community? If you feel accepted in your community, please, give an example of this fact.**
3. **If you feel excluded in your community, please give an example of this fact! How do you deal with the fact of being excluded? What can be done to avoid it? Give some suggestions, please.**
4. **Do you feel respected by other people? Who respects you most? Among which people and in which situations you feel especially important?**
5. **Do you help others in your community? Please, can you give me some examples?**
6. **Do you have opportunity to meet young people in your community (if YES, where and how often)?**

***OLDER PEOPLE and OLDER MEN IN YOUR COMMUNITY***

1. **Can you tell me something about the position/role of older people in your community?**

* Can you give an example of opportunities older people have in your community? What is particularly well organized for older adults in your community?
* What kind of problems do older people face in your community? What is your opinion about the access of older people to different services (health centre, bank, public transport in your community, etc.)?

1. **What other problems do you face in your community as a member of an older generation? Do you miss something? What would you like to be improved? How? Who should be responsible for this?**
2. **Are there differences among men and women regarding their roles and position in your community? How do you see these differences? Can you give some examples?**
3. **I would like to talk about the participation of older men in the community – in activities/organisations (free time activities, clubs, associations, etc.)? Can you talk a little about this and give** **some examples?**

* Do older men from your community socialize and spend time together? How? In which sense? What is the purpose and goal of their gatherings?
* Can you please give some examples, where and why are (older) men particularly important in your community?
* Do you know any associations/organizations in your community that are particularly interesting for older men? /*if possible, the interviewee is encouraged to identify them*/
* Why are they particularly interesting for older men? Are they offering social activities, work-related activities, learning-related activities, voluntary activities, etc.?
* Do you think it would be good to have a place/club/organization in your community which would be basically for men only? Why?

1. **Are there many older men in your community, who are not participating in the community life? Who are they? Why do you think that they do not participate?**

***ENROLLMENT/PARTICIPATION IN NGOs/ASSOCIATIONS/ORGANIZATIONS/CLUBS ETC.E***

1. **Are you involved in education or training now or have you been in last 12 months? What kind of education/training is it/has it been? Courses, workshops, programme, etc? Please, give an explanation.**
2. **Do you plan to be involved in education/training (after your retirement or) in the future?**
3. **Are you active in (or a member of) any association/club/organization (in your community or elsewhere)?**

**YES/NO**

1. **Have you been a member of any association/organization before, earlier in your life? Which one (please list)? When was it? If you quitted, why did you?**

*If not a member of any association NOW,* ***please continue with next question (Q 21)****!*

*If he is still a member of an organization now, please continue with PART II (PART FOR MEMBERS OF ORGANIZATION), Q 24!*

1. **Since you are not a member of any of community associations/NGO, etc., what barriers you face which dissuade you from participation?**

/F*irst, open answers from the interviewee are encouraged. However, later on ask the interviewee about the list of barriers from the table below and make notes*/

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| SITUATIONAL BARRIERS |  | INSTITUTIONAL BARRIERS |  | DISPOSITIONAL BARRIERS |  |
| I have no money for education/membership |  | There is nothing interesting for me |  | I do not feel healthy enough |  |
| I have no car, licence |  | I do not like the membership;  e.g. there are only young people there; mostly women; |  | I’m not interested |  |
| There is no public transport |  | Membership fee is too high |  | I’m too old |  |
| I do not want to be dependent; I don’t want to harass others |  | I do not like the company |  | I do not think it’s appropriate for me to enrol |  |
| I do not have time |  | There is nothing happening, nothing interesting close to where I live; |  | Activities are becoming too demanding for me |  |
| I have a lot of other work  (in my garden; in my shed; |  | I have no information about the events |  | I’m tyred |  |
| I have to take care of the family, grandchildren; |  | I’m not interested in such organizations; |  | I do not feel like being a part of any group. I prefer solitude. |  |

1. **Would you be ready to enrol in some of community activities? Under which circumstances? Would you plan to enrol in any of community activities (after your retirement) in the future?**
2. **Would you like to add something which is important for you and I did not ask?**

Thank you very much for your time and effort!

Time at the end of interviewing:

*IF INTERVIEWEE IS A MEMBER OF ANY ASSOCIATION AND IF HE IS READY TO ANSWER QUESTIONS FURTHER ON, USE NEXT PART.*

*NEXT PART USE ALSO FOR INTERVIEWEES, SELECTED AS MEMBERS OF AN ASSOCIATION.*

1. ***PART FOR MEMBERS OF ORGANIZATIONS***

*The selected organization could be either more or less formal/informal, could be an initiative, or association, etc. Let’s be open here to get various answers.*

*If the person is a member of more than one organization, ask him to talk about the organization where he is most active.*

1. **I would like you to talk now about the organisation where you are a member. Can you tell me the full-name (title) and main purpose of the organization? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
2. **How often, on average, do you take part in this organisation’s activities? (Tick one)**

□Daily □A few times a week □Weekly □Fortnightly

□Monthly □Occasionally □Never

1. **Who had set up this organisation and why?**
2. **How long have you been engaged in this organisation? How and why did you join it?**
3. **Why are you a member in this organisation? What means to participate in this organization to you?**
4. **What is your role in the organisation? What is your personal contribution to the organisation?**
5. **What benefits do you get out of participating in the activities associated with this organisation? Do these benefits flow on to others, such as to your family members, work and communities? Tell me more about those benefits!**
6. **What do you learn through participating in the activities? What do you learn from organisation’s members? Give some examples. Have you changed in any way since you are involved in these activities? How? In which ways?**
7. **Is the learning and socializing that you received through this organisation useful in other aspects of your life?** /the interviewee is encouraged to give concrete example of acquisition of this knowledge/
8. **Please, asses following statements regarding the fact if it holds true for you; if possible, give some explanations:**

*/interviewer should repeat first part of the statement (As a memeber...) each time he/she read a continuing part of the sentence/*

**As a member of this organization,...**

**...I have learned to listen to others;** YES/NO

Please, explain:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**...I have learned how to confront the conflict;** YES/NO

Please, explain:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**...I have learned how to face the problem;** YES/NO

Please, explain:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**...I have strengthen intergenerational cooperation**; YES/NO

Please, explain:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**...I have learned to how to make co-decisions**; YES/NO

Please, explain:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**I have learned how to give ideas, initiatives, and how to make it work**; YES/NO

Please, explain:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**...I have gained organisation skills**; YES/NO

Please, explain:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**I have gained communication skills**; YES/NO

Please, explain:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

...**I have learned about computers or the internet**; YES/NO

Please, explain:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**...I have learned about usage of e-mail, e-portals, forums, FB**; YES/NO

Please, explain:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

...**I have got new knowledge on association management**; YES/NO

Please, explain:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

...**I have improved understanding of the environment (problems, challenges, etc.)** ; YES/NO

Please, explain:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**What else have you learned/gained as a member of this organization?**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **I regard this organization as a place...**

*/interviewer should repeat first part of the statement (As a memeber...) each time he/she read a continuing part of the sentence/*

**… to be with other men**; YES/NO

Please, explain:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**… to meet new friends**; YES/NO

Please, explain:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**… to get out of the house**; YES/NO

Please, explain:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**… to help me keep healthy**; YES/NO

Please, explain:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**… to give back to the community**; YES/NO

Please, explain:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**...to learn to work with others in a team**; YES/NO

Please, explain:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**What elase?**

Please, explain:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **What values and attitudes have you changed by participation in the organization?**

/Interviewer encourage the interviewee to assess the offered knowledges and skills/

/the interviewee is encouraged to give concrete example of acquisition of this knowledge/

**As a member of this organization,...**

**... I** **trust (in people in general) more than before**; YES/NO

Please, explain:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**... I respect others more than before**; YES/NO

Please, explain:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

... **I have better self-respect than before**; YES/NO

Please, explain:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**... I am happier than before**; YES/NO

Please, explain:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**... I** **am more proud (on myself, my community) than before**; YES/NO

Please, explain:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

...**I am more sensitive to people from the community than before;** YES/NO

Please, explain:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

... **I am more connected with community members than before**; YES/NO

Please, explain:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

...**I feel more accepted in the community than before;** YES/NO

Please, explain:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

... **my circle of friends has increased;** YES/NO

Please, explain:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

... **I show respect for some people I didn’t before**; YES/NO

Please, explain:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**... I am finally doing something that I really enjoy**; YES/NO

Please, explain:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

... **I finally have a place where I belong;** YES/NO

Please, explain:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**... My wellbeing has improved because of that;** YES/NO

Please, explain:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **Would you like to add something else?**

Thank you very much for your time and effort!

Time at the end of interviewing: