

Preventing well survey

Please use these questions to assist you in putting together your responses. This could be to support group feedback, discussion groups or to help you plan your response as an individual.

Please note that when completing an online survey, there may be routing applied to the survey which may mean that you are not asked all the questions that are visible here.

List of survey questions

Did you know that making healthy lifestyle choices can help reduce the risk of dementia?

- Yes
- No
- Not sure

Which of these were you aware of in relation to reducing your risk of dementia

- Avoiding smoking
- Being physically active
- Being sociable
- Eating well
- Keeping your mind active
- Limiting alcohol
- Managing your physical health
- Managing any underlying conditions
- Taking care of your hearing and vision
- Taking care of your mental health
- None of the above
- Other

Have you ever seen any information (locally or nationally) about preventing dementia?

- Yes
- No
- Not sure

Where have you come across information about preventing dementia?

- From friends and family
- Health or care staff
- Internet
- Local authority website
- Local community group/centre
- NHS website
- Social media
- I haven't come across any information about dementia
- Other

Have you ever thought about finding information that could help you (or a family member) reduce the risks of dementia?

- Yes
- No
- Not sure

Where would you look or who would you go to for information about reducing the risks of dementia?

- Friends and family
- Health or care staff
- Internet
- Local authority website
- Local community group/centre
- NHS website
- Social media
- Other

What format of dementia related information would you most likely look at?

- Article in a newsletter
- Direct information from health care staff
- Hearing from people who have experience of dementia
- Information on a website
- Leaflet
- Social media post
- Video or digital content
- Other

Being socially connected can help prevent dementia. Do you feel you have strong connections to any of these groups or people?

- A faith group
- Family
- Friends
- Healthcare professionals (if you see any regularly)
- People in your local area
- Shared interest groups (such as sports clubs or hobbies)
- I don't have any
- Other connections

Who would you talk to if you had concerns about keeping your brain healthy?

- Community organisation
- Friends and family
- GP
- Health or care staff
- I don't know
- I wouldn't talk to anybody
- Someone else

How likely or unlikely are you to try a new activity or hobby with the knowledge that these help your brain health?

- Very likely
- Likely
- Neither likely nor unlikely
- Unlikely
- Very unlikely

What do you do for yourself to help your brain health?

- Avoid smoking
- Be physically active
- Be sociable
- Eat well
- Keep your mind active
- Limit alcohol
- Manage your physical health
- Manage any underlying conditions
- Take care of your hearing and vision
- Take care of your mental health
- None of the above
- Other

What types of help could benefit you to look after your brain health?

- Advice on keeping your mind active
- Help stopping smoking (smoking cessation clinic)
- Help to eat well
- Help to be physically active
- Help to be sociable
- Help to manage your physical health
- Help to manage a long-term underlying condition
- Help to stop/limit alcohol
- Help to take care of your hearing and vision
- Help to take care of your mental health
- Other

If you have any additional comments about preventing dementia, please use the space below.

Are you responding as...(Only chose one option)

- A County Durham resident
- A visitor to County Durham
- A local employee
- A business, club or organisation
- Other

If you are replying on behalf of a business, club or organisation, please specify.

Submitting a response

Please do not use this information sheet to submit a response. You can formally respond to this project by either:

- Completing the online survey (recommended)
- Writing out your responses to these questions and posting them to us at the following address: Consultations Team, Durham County Council, Rivergreen Centre, Aykley Heads, Durham, County Durham, DH1 5TS
- Typing out your responses to these questions and emailing them to:
letstalkcountydurham@durham.gov.uk