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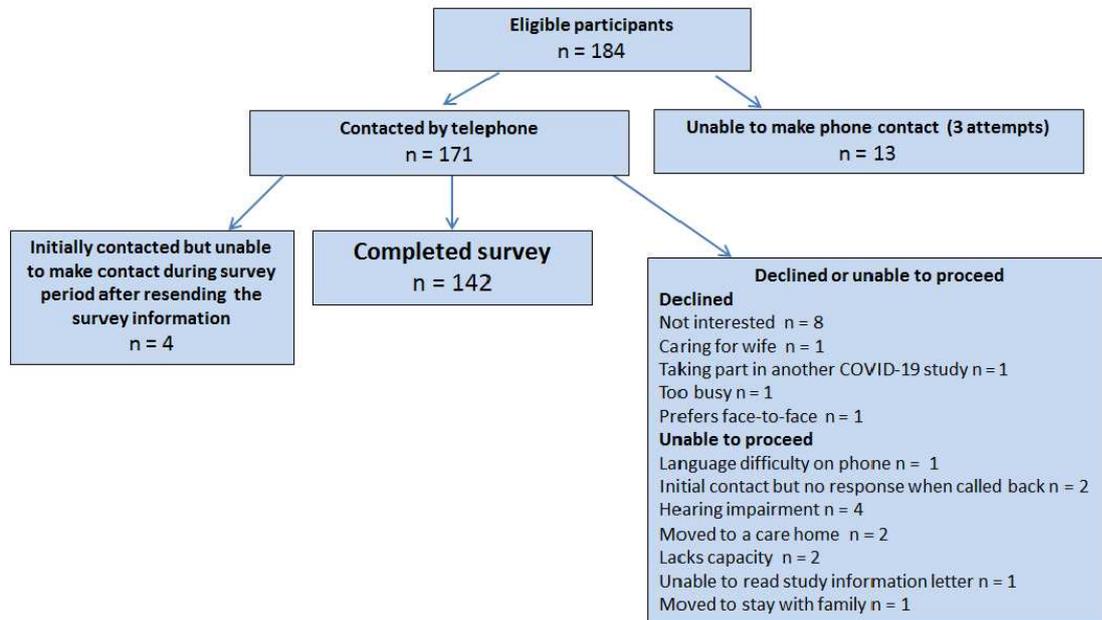


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Life in lockdown: A telephone survey to investigate the impact of COVID-19 lockdown measures on the lives of older people ( $\geq 75$ years).

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## Appendix 1. Study Flow Diagram



Appendix 2. Health Anxiety, General Health, Physical Activity and Loneliness in older people in Bradford during COVID-19. Figures are numbers (% of non-missing values) unless otherwise stated (n = 142).

Item	n (%)
Which of the following best describes how you've been feeling over the past week? <sup>a</sup>	
I do not worry about my health	74 (52.1)
I occasionally worry about my health	62 (43.7)
I spend much of the time worrying about my health	5 (3.5)
I spend most of the time worrying about my health	1 (0.7)
In general would you say your health is? <sup>b</sup>	
Excellent	17 (12.0)
Very good	41 (28.9)
Good	50 (35.2)
Fair	27 (19.0)
Poor	7 (4.9)
How often do you currently do any kind of physical activity? (including household tasks or exercise)	
Every day	85 (69.9)
Most days	35 (24.6)
1 or 2 days a week	13 (9.2)
Never	9 (6.3)
Is this more, less, or about the same as you did before the lockdown?	
More than before	24 (16.9)
Less than before	60 (42.3)
About the same as before	58 (40.8)
How often do you do any physical activity outside?	
Every day	58 (40.8)
Most days	40 (28.2)
1 or 2 days a week	14 (9.9)
Never	30 (21.1)
How often have you felt lonely during the past week? <sup>c</sup>	
None; almost none of the time	102 (71.8)
Some of the time	32 (22.5)
Most of the time	4 (2.8)
All or almost all of the time	3 (2.1)

<sup>a</sup>Selected question from the Health Anxiety Inventory

<sup>b</sup>Selected item from the RAND Short-Form 36 Survey

<sup>c</sup>n = 141

Appendix 3. Open questions on worries, concerns and positive experiences to older people in Bradford during the COVID-19 pandemic. Results based on 142 responses.

Questions	Themes identified
<p><i>“Can you describe some of the main challenges you have faced because of the COVID-19 Coronavirus situation?”</i></p>	<p>Twenty eight participants reported no specific challenges. Challenges reported:</p> <p><b>Social relationships</b></p> <ul style="list-style-type: none"> <li>• Over a quarter reported how restrictions on going out, or being visited at home, had impacted on their relationships.</li> <li>• Some reported how a lack of contact/limited contact had made them feel isolated and lonely. Some had family members in care homes they could not visit.</li> <li>• Many participants emphasised the importance of ‘seeing’ and having physical contact.</li> </ul> <p><b>Lifestyle and wellbeing priorities</b></p> <ul style="list-style-type: none"> <li>• The lockdown has had a significant impact on the lifestyle of over a third of participants, who had previously been active outside of the home.</li> <li>• Most participants previously enjoyed being out and about. Some missed going for a walk, physical exercise, social contact, fresh air and change of scenery. Some associated their experience of staying at home with ‘boredom’, ‘lack of freedom’, ‘low mood’, ‘inactivity’, feeling ‘tied down’ and ‘confined’.</li> <li>• Ten participants had given up recreational activities</li> </ul> <p><b>Managing activities of daily living</b></p> <ul style="list-style-type: none"> <li>• The restrictions on services/shops impacted on just less than a fifth of all participants managing their activities of daily living.</li> <li>• Many had given up doing their own shopping and reported having to ‘rely’ on family/ neighbours/external services.</li> <li>• Some reported the added pressure of cooking and cleaning for themselves, as they no longer ate out. Some had previously benefited from paid help.</li> </ul> <p><b>Managing health and wellbeing</b></p> <ul style="list-style-type: none"> <li>• Many participants (or their partner/family member) that lived with a less serious long-term, health condition, were trying to self-manage since certain health services were unavailable/had limited capacity.</li> <li>• Participants reported health treatments that had been cancelled or delayed due to the lockdown.</li> <li>• Two participants mentioned the mental health of household members they were supporting, one on the impact of isolation on their own mental health.</li> <li>• One participant reported the impact on her as a carer for her husband, now left to care without family support.</li> </ul>
<p><i>“What are your main concerns about the COVID-19 Coronavirus situation?”</i></p>	<p>Twenty five participants reported no concerns. The following concerns were reported:</p> <p><b>Perceived risks and consequences of contracting the virus</b></p> <ul style="list-style-type: none"> <li>• Almost a third of participants expressed concerns about the risks and consequences of contracting the virus for themselves or family members.</li> <li>• Some worried about the health of family members who they perceived to have increased exposure to the virus (jobs, shopping, or being in a hospital/nursing home)</li> <li>• Some were very aware of their increased vulnerability and feared death as an imminent consequence of the virus.</li> <li>• Some participants spoke about ‘avoiding’ the virus. Most emphasised staying at home to keep safe, some mentioned ‘keeping healthy’, ‘avoiding people’ and ‘practicing social distancing’.</li> </ul>
	<p><b>Permanence of the virus without a vaccine</b></p> <ul style="list-style-type: none"> <li>• For many, their main concern was to ‘get through this’ and return to ‘normality’</li> <li>• Lack of confidence in government’s management of situation was expressed by some.</li> <li>• Some talked about the lasting impact the pandemic on their sense of safety in public places.</li> <li>• Some worried about their own or family’s income/ livelihood and the national and global economy.</li> </ul>
	<p><b>Impact of lockdown on the personal /family’s livelihood and wider economy</b></p> <ul style="list-style-type: none"> <li>• A few participants mentioned worries about the impact the pandemic has had on their own or family’s income/ livelihood as well as that on the national and global economy.</li> </ul>
<p><i>“Has the experience of lockdown during the COVID-19 Coronavirus</i></p>	<p>Almost half of all participants did not feel that the COVID-19 situation has made any aspect of their life easier or more enjoyable. More than half were able to identify one or more positive aspects to life:</p> <p><b>Increased sense of community spirit (Experience)</b></p>

<i>situation made any aspects of your life easier or more enjoyable?"</i>	<ul style="list-style-type: none"> <li>• Some reported more interaction with their neighbours. Socially they felt more connected.</li> <li>• One participant mentioned their neighbour undertaking shopping, and one talked more generally of the good will of their neighbours. One participant mentioned a neighbourhood WhatsApp group, for neighbours to share information and provide support.</li> </ul>
	<p><b>Break from routine</b></p> <ul style="list-style-type: none"> <li>• Some appreciated a break from their usual routine. Lockdown had made their life 'simpler', 'slower' and 'easier' and removed the pressure of having to go out.</li> </ul>
	<p><b>More free time</b></p> <ul style="list-style-type: none"> <li>• Participants reported having much more free time.</li> <li>• Many stayed busy gardening, enjoying the sun, and sitting in their garden. This allowed some participants to interact with neighbours and people walking by.</li> <li>• Some participants had been painting and decorating.</li> <li>• Some participants had taken up new hobbies/activities.</li> </ul>