

ONLINE QUESTIONNAIRE

WARNING: Please do not reply on this page. Access <http://www.ensaios.org/inquerito1/> and enter the code of your municipality (you can copy and paste). Thank you!

1 - Geographic Location (automatic)

2 – Is there any programme aiming to enhance quality of life for elderly people in your municipality?

☐ NO, ☐ YES

3 – Please, indicate the number of existing programmes:

(Tables with questions 3.1 and 3.2 will be generated according to the number given)

3.1 - Programme 1

Title:

Main Purpose:

3.2 – Is the programme related to physical activity / exercise?

☐ NO, ☐ YES

(Based on the response to this question, the questionnaire continued to question 4 or skipped to the final online page -- using conditional branching)

4 – How long has the programme existed?

☐ Less than 1 year, ☐ 1 year - less than 5 years, ☐ 5 years - less than 10 years, ☐ 10 years or more

5 – For what age group is this programme intended? (Tick the boxes that most closely represent the intended lower and upper age limits.)

Minimum: ☐ 55 years, ☐ 60 years, ☐ 65 years, ☐ 70 years, ☐ 75 years, ☐ 80 years, ☐ 90 years

Maximum: ☐ 60 years, ☐ 65 years ☐ 70 years, ☐ 75 years, ☐ 80 years, ☐ 90 years, ☐ no limit

6 – What is the average age of participants attending the programme (approximately)?

7 - How many activities are included in the programme?

☐ 1, ☐ 2, ☐ 3, ☐ 4 +

8 – How many times per week is it possible for an individual to participate in the programme?

☐ 1, ☐ 2, ☐ 3, ☐ 4 +

9 – Is the programme involved (or was) in quality initiatives (exp: programme certification)?

10 – Which organization delivers the programme?

☐ Municipal Government, ☐ Municipal enterprises of sport, ☐ Other

11 – Please, specify the name of the organization which delivers the programme and indicate the name, role and contact information of the director/coordinator of the programme for possible future contacts.