



COMMUNITY PARTICIPATORY ACTION RESEARCH 2

Final Report: The effects of the Cost of Living Crisis on the over 60s

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My research plan.

My research plan was focused on people over 60 and how they are coping in the current financial climate.

All of my research was conducted at the Portsmouth Foodbank. While I was a Foodbank volunteer, I noticed that many of the clients accessing the Foodbank were people 60 and over. This led me to ask the question of how the older generation was coping in the current financial climate.

My Research method

The Method of research I chose was face to face interviews, where Foodbank clients had an opportunity to share their stories through answering a short questionnaire.

All the interviews were recorded and transcribed with the permission of the interviewees.

Six interviews were conducted.

Results and Findings

All of the interviewees were affected by the Cost of Living Crisis. Some were struggling financially due to loss of income through losing a husband, wife or partner.

While conducting the interviews, I noticed some common themes emerging.

Five out of the six interviewees were struggling with mental health because of stress and worry.

Four of the interviewees were struggling with loneliness and isolation but felt too ashamed to inform their families about their struggles.

People 60 and over might not be natural digital citizens, and this created a barrier to accessing help online.

Some people were unaware of the help and assistance that are available, because they have never faced the struggles they are facing now.

Quotes from some of the interviewees

Financially

“I do worry more about bills than I use to because you sort of trying to make sure that you’ve got enough money in the pot to pay for everything”.

“It added a lot of more stress on household bills especially heating, electricity and finding ways to cut things down”.

Socially

“You don’t do much once you realise that you’ve got a limited amount to live on”.

Mental Health

“Sometimes I think to myself, where is it all gonna end?”

Family

“I mean yes, you could ask family, but then they could be struggling.”

Next Steps

Help people to access the support needed.

Sign post and inform people about the different agencies available.

Our organisation has re-shaped how we engage with service users, and given equal attention to social isolation and vulnerability, particularly amongst elderly service users. My work found there to be an absence of care for older service users, many of whom do not have friendships or community, and we have now promoted a community cafe and peer mentoring to help those individuals connect with a wider social network.