



HomePlate Project – National Survey Website FAQs

1. Who is the survey for?

Older Australians (65+) living at home (not in aged care homes)

2. What is the HomePlate National Survey?

The HomePlate National Survey is a short, national survey inviting older Australians living at home to share their real-life experiences with food, cooking and eating.

It is part of the HomePlate Project, a major national initiative led by the Maggie Beer Foundation to better understand how food supports (or challenges) wellbeing, independence and connection as people age at home.

3. Why is the Foundation doing this?

Many older people face food-related challenges that aren't always visible, things like motivation, appetite, cooking for one, shopping, loneliness or changes in health.

Rather than starting with assumptions or solutions, the HomePlate Project starts by listening to older people themselves. The survey helps us understand:

- What's working well
- What's getting in the way
- What would make eating well at home easier and more enjoyable.

These insights will guide future insights, conversations and advocacy around food and ageing at home.

4. How long does the survey take?

Around 10 minutes.

5. Do I have to answer every question?

No, some questions can be skipped.

6. Is my information confidential?

Yes, responses are confidential and combined.

7. Who is running the project?

The Maggie Beer Foundation, funded by the Wicking Trust.

8. What if I need help?

A family member, friend or carer can assist.