

State of Caring Survey 2017

1. State of Caring Survey 2017

Complete our State of Caring Survey and help us show the reality of what it means to care for a family member or friend in 2017.

In the survey we'll be asking you to tell us what life is like now, and what needs to change.

This is the most extensive survey into carers' experiences in the UK. As a result, it will take at least 20 - 30 minutes to complete - so grab a cup of tea and get comfy! Please note that this survey is for those caring unpaid for a disabled, older or seriously ill relative or friend.

You are able to skip some questions in the survey. However, the more information you give us, the better we can build a comprehensive picture of how caring affects different people. We are really keen to hear about your experiences – good or bad – in as much detail as possible as this helps us paint a picture of what it is like to be a carer in 2017 so if you have more time, please use the comment boxes.

Any comments you leave would not be identified as yours unless you give us permission to contact you and get agreement. Your details will never be passed on to a third party.

We are so grateful to each and every person who takes the time to complete the survey and give us a full picture of their caring experience. We will publish the survey results later in the year.

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2. Caring

1. Are you currently caring for someone?

- Yes
- I have cared in the past but am no longer caring

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3. After caring

1. When did you stop caring?

- Less than one year ago
- 1-2 years ago
- 3-4 years ago
- Over 5 years ago

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4. Please continue with the survey

The rest of the survey is worded for those currently caring. However, we would really like to hear about your past experiences of caring so please do complete the survey to reflect your experience of caring.

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5. Who you care for

1. How long have you been caring?

- Less than one year
- Between 1-4 years
- Between 5-9 years
- Between 10-14 years
- 15 years or more

2. Approximately how many hours a week do you provide care?

- 1-19
- 20-34
- 35-49
- 50-69
- 70-89
- 90 hours or more

3. How many people with care needs relating to illness, disability or needs arising from being older do you look after?

- 1
- 2
- 3
- 4 or more

4. Who do you care for? Please tick all that apply.

- Parent
- Parent-in-law
- Spouse/Partner
- Brother/Sister or Brother/Sister-in-law
- Son/Daughter or Son/Daughter-in-law
- Grandparent
- Uncle/Aunt
- Grandchild
- Ex-Partner/Spouse
- Friend/Neighbour

Other/s (please explain who)

5. How old is the person/people you care for? Please tick all that apply.

- Under 18
- 18-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65-74
- 75-84
- 85-90
- 90 and over

6. How would you describe their condition or disability? (If you care for more than one person please answer for the person you provide most care to). Please tick all that apply

- A physical disability
- A mental health condition
- A learning disability
- An autism spectrum disorder
- Needs that arise from being older (like support with mobility)
- Dementia
- Another neurological condition (e.g Parkinson's, Motor Neurone Disease or MS)
- A sensory impairment
- Diabetes
- Asthma
- Stroke
- Coronary heart disease/heart failure
- Other long term health condition (e.g. COPD, arthritis)
- Cancer
- Alcohol or substance misuse
- A combination of conditions or disabilities
- They require palliative or end of life care

Other (please specify)

7. What type of care or support do you provide? Please tick all that apply.

- Personal care (e.g. dressing, bathing, washing, shaving, cutting nails, help with eating, using the toilet)
- Help with moving around (e.g. with walking, getting up and down stairs, getting into and out of bed)
- Practical help (e.g. preparing meals, shopping, laundry, housework, household repairs, taking to doctor/hospital)
- Arranging/coordinating care and support, medical appointments and other help
- Helping with medication (e.g. making sure he/she takes pills, giving injections, changing dressings)
- Helping with paperwork/financial matters (e.g. writing letters, filling in forms, dealing with bills, banking)
- Providing emotional support, motivation or keeping an eye on someone either in person, or by phone or online
- Taking him/her out and supporting leisure activities (e.g. taking out for a walk or drive, or to see friends and relatives)

Other (please describe)

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6. Where the person you care for lives

1. Where does the person/people you care for live?

- In the same house as me
- In their own home
- In the home of someone else
- In sheltered housing
- In a care home
- In hospital
- In a hospice
- Other (please specify)

2. How far away from you does the person/people you are caring for live? Please tick all that apply.

- Within walking distance
- Within a 30 minute journey
- Between 30-60 minutes travel away
- Between 1-2 hours travel away
- Over 2 hours travel away
- They live in another country within the UK
- They live outside the UK

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7. Juggling work and care?

Given the stresses and strains that can result from balancing work and caring, it is unsurprising that 1 in 5 carers give up work to care full time.

It is important that those carers who want to work, and are able to do so, get the right support. We would like to hear more from carers about their experiences trying to juggle work with caring.

1. What is your current employment situation? Please tick one - if more than one applies tick whichever describes your main activity.

- Looking after the home/family/dependents full-time
- Full-time employee
- Part-time employee
- Self-employed full-time
- Self-employed part-time
- Looking for paid work/unemployed
- Full-time education
- Part-time education
- Retired
- I am unable to work due to sickness or disability

2. What has been the impact of caring on your capacity to work? Please tick all that apply.

- I have given up work to care
- I have reduced my working hours to care
- I have had to take a less qualified job or have turned down promotion to fit around my caring responsibilities
- I retired early to care
- I retired at pension age because of my caring role
- I gave up work because I needed time to adjust to my caring role but now feel I could return to work alongside caring
- I work the same hours but my job is negatively affected by caring (e.g. tiredness, lateness, stress)
- Caring has had no impact on my capacity to work
- I have never been in paid employment

Other (please specify)

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8. Where in the UK do you live?

Carers rights, such as access to support with care needs, vary depending on the law in different parts of the UK, so it's helpful for us to know which nation of the UK you live in so we can understand how things are where you live.

1. What kind of an area do you live in?

- Rural (very isolated)
- Rural (small village or hamlet)
- Large village
- Suburb of a town or city
- Town or city centre

Other (please specify)

2. Country you live in

- England
- Scotland
- Wales
- Northern Ireland

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9. Where in England do you live?

1. If you live in England, which region?

- East of England
- South West
- South East
- London
- East Midlands
- West Midlands
- North East
- North West
- Yorkshire and the Humber

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10. Quality of Health and Care Services in England

The regulation of services is important to maintain and improve the quality of services. We would like to know whether you have ever used any of the information provided by the Care Quality Commission in England.

1. Have you ever used any of the following resources from the regulator in your country in relation to an NHS or care service for you or the person you care for?

	Yes	No	I didn't know this information was available
CQC inspection reports for health services	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
CQC inspection reports for care services	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
CQC ratings for health services	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
CQC ratings for care services	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Information about health and care standards and what to expect	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Comment

2. If you have used any of the above information, why did you use it?

- To find out how well the service we were using was performing
- To help decide which new or different service to use
- To understand what standards we should expect from care
- I didn't use any information
- Other (please specify)

3. If you used this information, what difference did it make to you or the person you support?

- Felt better informed about the service being used
- Stopped using the service
- Continued to use the service
- Looked for services with better ratings/inspection reports
- Made a complaint about the service
- Information on standards helped with deciding if it was a good quality service
- Information on standards helped with considering and choosing services
- Refused services altogether because of what I read
- Other (please specify)

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11. Having an assessment of the impact of your caring role on you

As a carer, you are entitled to a carer's assessment. The assessment is an opportunity to discuss with your local council what support or services you need. The assessment should look at how caring affects your life, including for example, physical, mental and emotional needs, and whether you are able or willing to carry on caring.

In England the Care Act which came in in 2015 has made it easier in theory for carers to get an assessment. The Social Services and Well-being (Wales) Act in force since April 2016 has similar provisions for carers in Wales. The Carers (Scotland) Act will bring new kinds of assessments from 2018 for carers in Scotland.

We'd like to understand whether and how these laws are improving support for carers now and in the future.

If you are in Northern Ireland, please note that when it says 'council', it means your Health and Social Care Trust.

1. Have you been offered or requested a carer's assessment in the last 12 months?

- Yes, I was offered one
- Yes, I requested one
- No

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12.

1. Have you had the assessment of the impact of your caring role in the last 12 months?

- Yes and I waited less than 6 months
- Yes and I waited longer than 6 months
- No and I have been waiting for less than 6 months
- No and I have been waiting for more than 6 months
- Don't know

Other (please specify)

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13. Your assessment

1. To what extent do you feel that the assessment process and subsequent consideration of the care and support needs of you and the person you care for sufficiently looked at the following areas

	This was not properly considered in my assessment or in support I receive	This received some but insufficient consideration	This was thoroughly considered and reflected in the support I receive
Your ability and willingness to provide care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The support you need to look after your own mental and physical health alongside caring	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The support you need to provide care for others (i.e. a non-disabled child or someone else with care or support needs)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The support you need to juggle care with work or return to work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

This was not properly considered
in my assessment or in support I

This received some but insufficient
consideration

This was thoroughly considered
and reflected in the support I
receive

	This was not properly considered in my assessment or in support I receive	This received some but insufficient consideration	This was thoroughly considered and reflected in the support I receive
The support you need to juggle care with training or education	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Your ability to maintain relationships with family and friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The need to have regular breaks from caring	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Your ability to have time to yourself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The suitability of your housing for continuing your caring role	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
What needs to be put in place for the person you support in case of an emergency	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If relevant the support you need as the person you care for or you transition from children's to adult services	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Other (please specify)

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14. Support with caring

1. Do you receive or buy any practical support with caring? Please tick all that apply.

- Equipment in the home of the person I care for (like hoists, grab rails or easy-grip handles on taps)
- Technology like alarms, sensors or remote monitoring to help with caring
- Practical support from care workers coming in to help
- Use of a day centre for older/disabled people
- Help managing or co-ordinating care
- A break for me from caring
- Specialist childcare for a disabled child
- Extra childcare for children who are not disabled (which helps me to care for my other loved ones)
- A Motability vehicle
- Help with other household chores (like shopping or cleaning)
- 'Live in' support (someone who is paid to live with us/the disabled/older person I care for to provide care and support)
- Help from family or friends
- Occasional use of a care home
- Occasional use of a hospice
- The person I care for lives in a care home
- None

Other (please specify)

2. How do you feel about the practical support you might get in the future?

- I am confident that the support I receive will continue
- I am worried that the support might be reduced
- I don't know what might happen

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15. When did you last have a break from caring?

When was the last time you gave yourself a break? When did you last have an evening out, go for a swim, try something new, take a holiday? When did you last have a chance to do all the things you

would like to do, but can't do while you are caring – everyday things such as meeting up with friends, visiting family or simply catching up with some sleep?

Taking a break also means that the person you are looking after may be able to enjoy new experiences, have a change of scene and routine and mix with other people.

We're hearing from carers that many find it hard to access a break and though some funding is available, it isn't ring-fenced to be spent on carers. We'd like to gather evidence so we can make the case for more money to be directed towards giving carers a vital break.

1. When did you last take

	in the last week	in the last month	in the last 6 months	In the last year	In the last two years	In the last five years	More than five years ago
a day off from caring	<input type="radio"/>	<input type="radio"/>					
a weekend off from caring	<input type="radio"/>	<input type="radio"/>					
a week off from caring	<input type="radio"/>	<input type="radio"/>					
a holiday away from your home	<input type="radio"/>	<input type="radio"/>					

2. If you've struggled to access a break from caring, what was the main reason for this?

- Cost of paying for or contributing to the cost of a break
- The care needed for the person I support is not on offer
- The care needed for the person I support is fully booked and not available
- I'm not confident in the quality of care available
- No suitable breaks available so I can go away with the person I support
- Replacement care is only available at the last minute
- The person I care for isn't willing to accept care and support from others
- Don't know how to get one
- I haven't struggled to access a break from caring
- Other (please specify)

3. If the kind of care the person you care for needs in order for you to take a break is not on offer, please tell us more:

- Care available is not with people of the same age
- We can't access the specialist support needed for their condition
- The only options are a long way from where they live
- Finding suitable care hasn't been difficult
- Other (please specify)

4. What does having a break mean to you?

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16. Your health and wellbeing

1. If any what has been the impact of caring on your health?

- My health is no different as a result of caring
- My physical health has improved as a result of caring
- My physical health has worsened as a result of caring
- I have suffered mental ill health eg stress or depression as a result of caring
- My mental health has not been affected by caring
- My mental health has improved as a result of caring

2. Which of these describes the impact of caring on your well-being? (Please tick all that apply)

- I have reduced the amount of exercise I take
- I have found it difficult to maintain a balanced diet
- I have experienced an injury/my physical health has suffered
- I find it difficult to get a good night's sleep
- I feel more stressed because of my caring role
- I feel more anxious because of my caring role
- I have suffered from depression because of my caring role
- Caring has not had any impact on my health and well-being
- I have put off health treatment as a result of caring
- My health improved as a result of caring

Comment

3. Does your GP know you are a carer?

- Yes but they don't do anything different as a result
- Yes and they offer me extra support with my caring role
- Yes and they provide some help but could do more to support me
- No

4. Have you had a flu jab or an NHS health check, whilst caring?

The NHS Health Check is a health check-up for adults in England aged 40-74. It's designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia.

	Yes	No, I didn't know I could ask for one	No, I have been refused one	No, I'm not interested in having one
NHS Health Check	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Flu Jab	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

5. Which three of the following would make the most difference to improving your health and well-being?

Regular breaks from caring	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Good quality care services for the person I care for	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Good quality health care services for the person I care for	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Joined up services	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Not having to repeat information several times	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Better housing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A better income	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The ability to work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Better relationships with my family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
An NHS Health Check	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
More peace of mind to be able to leave the house/work/etc.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Training on how to care safely and well	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The ability to learn and study alongside caring	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
More advice and information to be able to plan my life better	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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17. Social isolation

You are now well over half way through the survey. Please carry on to the end if you can. We really appreciate you taking the time to finish the survey.

Not having the time to keep up relationships and friendships can contribute to feeling lonely. Caring can bring a dramatic or gradual change to your life and this shift in your life style coupled with the pressure of supporting someone physically or emotionally can also be a trigger for loneliness.

Carers UK is working with the Jo Cox Commission on loneliness to understand more about why so many people are lonely and what can be done to improve this. We'd really like to hear your experiences.

1. Have you ever felt lonely or socially isolated as a result of your caring role?

- Yes, not being able to get out of the house much has made me feel lonely and socially isolated
- Yes, not being comfortable with talking to my friends about caring has made me feel lonely and socially isolated
- Yes, not having time to participate in social activities has made me feel lonely and socially isolated
- Yes, not being able to afford to participate in social activities has made me feel lonely and socially isolated
- Yes, I have felt isolated from other people in my workplace because of my caring role
- No, I have not felt lonely or socially isolated as a result of my caring role
- Other (please specify)

2. If yes, what do you think would make/would have made the most difference to stopping you feeling lonely?

- Feeling able to talk to family and friends about caring
- Being in contact with other carers
- Regular breaks from caring to keep up with friends and family
- Support with paying for social activities
- Being able to do paid work alongside caring
- More understanding at work
- More understanding and recognition from society about the role of carers
- Being able to take part in leisure activities
- Being able to take part in education/training opportunities
- Other (please specify)

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18. Direct Payments / cash to pay for care

1. Do you or the person you care for get a cash sum from your local authority or Health and Social Care Trust (in Northern Ireland) to pay for care and support services directly or do you receive a budget budget to choose the support services you want (although the local authority arranges it)?

- Yes, we receive a cash sum
- Yes, we have a budget agreed to choose support services you want (although the local authority arranges it)?
- No, neither

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19. Choice of services

1. Do you feel you and the person you care for have choice over what services you receive or buy using your Direct Payment? Please choose the answer which best reflects your experience.

- Yes, we are able to choose and we have control of the services we receive
- We have a choice but options are limited and we do not feel in control of the kind of support received
- We have no choice over the services in place to support us
- We receive no financial contribution towards care or support from the local authority and receive no services directly

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20. Care and support services

We'd like to hear if the level of care and support services you or the person you care for receives from your local authority has changed. This could be charges increasing for care, a day centre you've relied on closing or an increase in the number of hours of support the person you support gets. It could also be a change in the support you receive as a carer has changed - perhaps you've been given a free pass for the gym.

1. Have you or the person you care for experienced a change in the amount of care and support services you receive in the last year?

- Yes
- No

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21. Cuts or changes to care and support services

1. Was this because:

- The amount of care or support arranged by social services was reduced
- You reduced the amount of care or support received because the cost increased
- You reduced the amount of care or support received because the personal budget no longer covers it
- The care or support service was not needed anymore
- The care or support service was closed with no replacement offered
- The amount of care or support arranged by social services has increased because our need for support increased
- The amount of care or support arranged by social services has increased but our needs stayed the same

Other

2. Please tell us more about what has changed and what impact this has on your life.

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22. Using technology to make caring easier

Technology can provide reassurance for carers and independence for those we're looking after. From simple mobile apps to complex sensor systems, there are many products already available to help make life a little easier.

1. Are you aware of any technology that can support you with care and caring?

- Yes
- No
- Don't know

2. Do you or the person/people you care for use any technology to support care and caring?

- Yes
- No
- Don't know

3. If yes, what technology do you use?

- Internet as a source of information
- Internet as a form of communication
- Environmental Monitoring such as heating and lighting control, door video systems, smart appliances
- Remote monitoring and alerts such as motion sensors, fall detectors, personal alarm, GPS trackers
- Vital signs monitoring such as blood pressure monitor, blood glucose monitor, heart rate monitor
- Remote health care such as online GP appointments, repeat prescriptions, online consultations, online mental health services
- Apps such as for pain management, mood management, care co-ordination
- Medication management such as medication dispensers. Medication reminders

Other (please specify)

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23. Financial pressure

Caring can take a real toll on family finances - as families face extra costs, often at the same time as they have reduced incomes.

These questions look at that financial impact and will also help us to gather evidence on how the changes the UK Government is making to the benefits system are affecting carers and will affect carers in the future. The evidence you provide helps us make the case for change. Recently this has helped us campaign for a change in the law to exempt those receiving Carer's Allowance from the benefit cap enabling us to put forward evidence to support a change in the law to exempt more carers from the Bedroom Tax. This takes effect from this April.

1. What is your current housing situation?

- I own my home and am paying off a mortgage
- I own my home and I have no mortgage
- I rent my home from a private landlord
- I rent my home from a Housing Association
- I rent my home from my local authority (or Housing Executive in Northern Ireland)
- I am living with a relative or friend
- Other (please specify)

2. Is anyone in your household in full or part time paid work?

- Yes, someone is in full time work
- Yes, someone is in part time work
- No

3. What is your average monthly household gross income (before tax)? (if you live with a partner, this figure should include your incomes combined)

- up to £500
- £501-£1,000
- £1,001-£1,500
- £1,501-£2,000
- £2,001-£2,500
- £2,501-£3,000
- £3,001-£3,500
- £3,501+

4. Which benefits do you and the person you care for receive? Please tick all that apply.

	You	The person you care for
Carer's Allowance	<input type="checkbox"/>	<input type="checkbox"/>
Income Support	<input type="checkbox"/>	<input type="checkbox"/>
Jobseekers Allowance	<input type="checkbox"/>	<input type="checkbox"/>
Employment and Support Allowance	<input type="checkbox"/>	<input type="checkbox"/>
Incapacity Benefit	<input type="checkbox"/>	<input type="checkbox"/>
Universal Credit	<input type="checkbox"/>	<input type="checkbox"/>
Disability Living Allowance	<input type="checkbox"/>	<input type="checkbox"/>
Personal Independence Payment	<input type="checkbox"/>	<input type="checkbox"/>
Attendance Allowance	<input type="checkbox"/>	<input type="checkbox"/>
Housing Benefit	<input type="checkbox"/>	<input type="checkbox"/>
Council Tax Reduction / Rate Relief (in Northern Ireland)	<input type="checkbox"/>	<input type="checkbox"/>
Discretionary Housing Payment (DHP)	<input type="checkbox"/>	<input type="checkbox"/>
Disability or Severe Disability Premium	<input type="checkbox"/>	<input type="checkbox"/>
Working Tax Credit	<input type="checkbox"/>	<input type="checkbox"/>
Child Tax Credit	<input type="checkbox"/>	<input type="checkbox"/>
No financial support from the benefits system	<input type="checkbox"/>	<input type="checkbox"/>

Other (please specify)

5. Which of the following best describes your financial situation? Please tick all that apply.

- I cannot afford utility bills like electricity, gas, water or telephone bills
- I cannot afford my rent/mortgage payments
- I am in or have been in debt as a result of caring
- I am struggling to make ends meet
- I can afford my bills without struggling financially
- Comment

6. If you are struggling to make ends meet, how are you coping? Please tick all that apply.

- Using your bank account overdraft
- Using credit cards
- Taking out a loan from the bank
- Borrowing from family or friends
- Using pay day loans
- Falling into arrears with housing costs i.e. rent or mortgage payments
- Falling into arrears with utility bills
- Cutting back on essentials (like food and heating)
- Cutting back on luxuries
- Cutting back on support services which help with caring
- Cutting back on seeing friends/family
- Cutting back on hobbies/leisure activities
- Using savings
- Using food banks
- I am not struggling to make ends meet

Other (please specify)

7. Have you been affected by any of the following changes to the social security system?

- Restrictions to Housing Benefit criteria on the number of bedrooms (the bedroom tax)
- Assessments for Personal Independent Payment
- Being asked or told by the jobcentre to attend interviews or courses that would interfere with my role as a carer
- No, we haven't been affected by any of these changes

Comment

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24. Hospital Care

Hospital staff should inform and involve carers in decisions throughout the patient's stay in hospital and in particular in the planning for the patient's discharge from hospital. Carers have told us that sometimes this does not always happen as it should.

We would like to gather the experiences of carers and how they are supported when a loved one is discharged from hospital but also the reasons that people have gone into hospital in the first place.

You're over half way through the survey - thanks for your time so far. Please continue to complete the survey.

1. Has the person you look after been discharged from hospital recently?

- In the last month
- In the last six months
- In the last year
- Not discharged from hospital recently

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25. Hospital Discharge

1. Were you consulted about the discharge?

- Yes, in plenty of time
- Yes, but at the last minute
- I was not consulted

2. What do you think about the timing of the discharge (on the most recent occasion)? Please tick all that apply.

- It was too early - they weren't ready to come home
- It was too early - the support was not available for them to be at home
- It was too early - they were readmitted in the following couple of months
- It was just right
- It took too long - they could have come home much earlier

Any further comments about the impact of hospital discharge procedure?

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26. Looking to the future

1. In the next year do you expect your quality of life to

- Get better
- Get worse
- Stay the same

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27. Understanding and valuing the contribution of carers

As the UK Government prepares to publish a Strategy for carers for England, the Welsh Assembly Government begins to draft a Strategy for carers in Wales, and the Scottish Government gets ready for the implementation of the Carers (Scotland) Act, we'd like to know how well you think your

contribution as a carer is understood and valued by Government across the UK and society more widely.

1. To what extent do you feel that your contribution as a carer is understood and valued?

	My contribution as a carer is well understood and valued	There is some but not sufficient understanding of and value placed on my contribution as a carer	My contribution is not understood or valued at all
By the Government	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
By health and care staff	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
By the public and society more broadly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
By friends and family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Comment

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28. Support from Carers UK

Carers UK provides practical advice and support to carers in a number of ways. Our Adviceline is now open 5 days a week. We would be really interested to know if and how you have accessed advice and support from us.

(And don't worry - the survey is almost complete!)

1. Have you ever accessed Carers UK's advice, information and support? Please tick all that apply.

- Yes, advice or information through Carers UK's telephone or email Adviceline
- Yes, by having someone to talk to about caring on Carers UK's Adviceline
- Yes, through Carers UK's online forum
- Yes, I have been in touch with a Carers UK volunteer
- Yes, through advice or information resources on the Help and Advice section on the Carers UK website
- Yes, through advice in Carers UK's information booklets and leaflets
- Yes, through Carers UK's Facebook page
- Yes, through Carers UK's Twitter feed
- Yes by using Carers UK's mobile app, Jointly
- Yes, directly with the Carers Scotland or Carers Wales Office or through the Carers NI Advice line
- No
- Yes, other (please specify)

2. Have you benefited from accessing our advice, information and support?

- Yes
- No
- Don't know

3. Are you a Carers UK member?

- Yes
- No
- Don't know

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29. Staying in touch

This survey is confidential and your details will never be passed onto a third party.

If you would like to receive updates from this survey such as when the results are published or

would like to become a Carers UK member, please make sure to leave your email address.

Carers UK membership keeps you updated on the latest information on caring and puts you in touch with other carers for support.

1. Please let us know if you would be happy for us to do any of the following

- Contact you again about this survey
- Keep in touch with you through our email newsletter
- Contact you about sharing your experiences with us for our publications or media work
- Send you information about volunteering with Carers UK
- Please send me information on Carers UK membership by email - it's free to join
- Please send me information on Carers UK membership by post

2. Contact details

Even if you are a Carers UK member, please leave us your email address so we can provide you with updates for this survey.

Name:	<input type="text"/>
Address 1:	<input type="text"/>
Address 2:	<input type="text"/>
City/Town:	<input type="text"/>
County:	<input type="text"/>
Postal Code:	<input type="text"/>
Email Address:	<input type="text"/>
Phone Number:	<input type="text"/>

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30. About you

An important part of this research is finding out how caring affects different people in different ways. As a result, we would be very grateful if you could fill in as much of the following information below as possible. Any information you provide will only be used to assess the equality and diversity impacts of carers and won't be linked to any personal information about you. However if you would prefer not to provide this information you can skip certain questions.

1. How old are you?

- Under 18
- 18-24
- 25-29
- 30-34
- 35-39
- 40-44
- 45-49
- 50-54
- 55-59
- 60-64
- 65-69
- 70-74
- 75-79
- 80-84
- 85-89
- 90 and over

2. Do you have childcare responsibilities for a non-disabled child under 18?

- Yes
- No

3. Would you describe yourself as

- Male
- Female
- In a different way

4. Ethnicity

Please select an option

Ethnicity	
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5. Religion and Belief

- Buddhist
- Christian (including Church of England, Church of Scotland, Roman Catholic and all other Christian denominations)
- Hindu
- Jewish
- Muslim
- Sikh
- No religion, atheist or agnostic
- Prefer not to say

Any other religion or belief (specify if you wish)

6. Are you:

- Single
- Cohabiting
- Married/in a civil partnership
- Separated, but still legally married
- Divorced
- Widowed

Other (please specify)

7. Your sexuality

Do you identify as:

8. The Equality Act 2010 defines a disabled person as someone who has a physical or mental impairment which has a substantial and long-term adverse effect on their ability to carry out normal day-to-day activities.

Do you consider yourself to have a disability?

Yes

No

Other (please specify)

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31. Thank you

Thank you for taking the time to complete this survey. Carers UK's work is led by carers, and your views and experiences form vital evidence in our fight to get a better deal for carers.

Our website contains useful information on caring written by experts from everything from benefits to breaks. You can access our online carer support forum to chat to other carers 24/7 and keep updated on the latest news affecting carers.

www.carersuk.org