



CARERS WEEK ANNUAL SURVEY

Can you ever afford to be ill?



Dear Carer

In 2008 the fourteenth annual Carers Week will highlight the impact caring can have on your health and wellbeing.

The results of this survey will be at the centre of Carers Week publicity and activity, and will be sent to Government and all national politicians, to healthcare professionals and others who have powers and responsibilities that can help to improve the health and quality of life of carers.

We want to hear about your experience of being a carer; the rewards and the frustrations, and the effects on your health. What are the implications for you, as well as for the person you care for?

Carers Week is organised by ten leading charities to support the UK's six million carers. Last year 1,115 local partners organised more than 6,000 events and activities; in 2008 we aim for the number to be even greater. Our key aims are for Carers Week to:

- **Highlight and celebrate** the contribution made by carers
- **Campaign** for better support and services for carers
- **Promote** policies and best practice that can improve carers' quality of life
- **Reach out** to 'hidden' carers, ensuring they know where to find help and support

This survey runs up to 31 March 2008, and should only take a few minutes of your time to complete. Many thanks for your assistance, and for helping to ensure that carers voices are heard loud and clear.

With best wishes.

Paul Matz

Carers Week Manager

Carers Week 9-15 June 2008

t 0845 241 2582 f 020 7490 8824 e mail@carersweek.org w www.carersweek.org

Please ensure you complete this introductory section, which will help us identify differences in carers' experiences in different parts of the UK, and also enable us to provide you with the key results of the survey. All information will be kept confidential by the charities who make up the Carers Week partnership. Many thanks for your assistance.

PLEASE PRINT OR USE BLOCK CAPITALS.

1 FIRST NAME _____ 2 SURNAME _____

3 ADDRESS _____

_____ 4 POSTCODE _____

5 EMAIL _____

6 PHONE _____

7 **Are you?**
 Male Female

8 **How old are you?**
 Under 18 18–34 35–44 45–54 55–64 Over 65

9 **How old is the person you care for? (tick all that apply)**
 Under 18 18–34 35–44 45–54 55–64 Over 65

10 **Where do you live?**
 Scotland Northern Ireland Wales
 East of England East Midlands London
 North East North West South East
 South West West Midlands Yorkshire & Humberside

11 **On average how many hours a week do you provide care for?**
 1–19 20–34 35–49 50+

12 **Who do you care for? (tick all that apply)**
 Mother/Father Husband/Wife/Partner Son/Daughter
 Other relative Friend

13 **Generally how would you describe your health?**
 Excellent Good Ok Poor Very poor

14 **How has caring affected your health?**
 Health is better Not at all Health is worse

Carers Week 9-15 June 2008

t 0845 241 2582 f 020 7490 8824 e mail@carersweek.org w www.carersweek.org

- 15 **Have there been times in the past year when you wanted or needed to see your GP about your own health but were unable to do so because of your caring responsibilities?**
 No, not at all Yes, occasionally Yes, frequently
- 16 **Do you ever ignore or cover up the fact that you are feeling ill in order to continue your caring responsibilities?**
 All the time Frequently Occasionally Never
- 17 **Do you ever feel concerned or anxious about who will take over your caring role if you are ill?**
 No, not at all Yes, occasionally Yes, frequently
- 18 **Have your health problems affected your ability to care?**
 No, not at all Yes, to some extent Yes, very significantly
- 19 **Which, if any, of the following symptoms have you suffered as a result of the pressures (physical or emotional) of being a carer?**
 Back pain Lack of sleep Depression Stress/worry High blood pressure
 Other (please specify)

- 20 **Do you ever feel unable to cope with day-to-day caring due to physical exhaustion, anxiety and fatigue?**
 No, not at all Yes, occasionally Yes, frequently
- 21 **Are you concerned that deteriorating health as you get older will affect your ability to care?**
 Yes No
- 22 **If you are or have been in paid employment during the past 12 months, have health problems affected your role at work in any of the following ways? (tick all that apply)**
 Had to leave employment
 Had to reduce hours
 Didn't apply for promotion
 Couldn't take part in social or training activities
 Working at a level that does not match my experience and/or ability
- 23 **How many days do you estimate you have taken as sick leave over the last 12 months because of ill-health as a result of being a carer?**
 None Less than 5 5–10 More than 10
- 24 **How many days do you estimate you have had to take as annual leave over the last 12 months directly as a result of being a carer?**
 None Less than 5 5–10 More than 10

25

Have you been able to take a break during the last 12 months, when you have had at least one week with no caring responsibilities?

Yes No

26

Have you had the opportunity over the last 12 months to discuss with someone else your emotional and mental health and wellbeing?

Yes No

27

How long have you been a carer?

0-3 months 3-12 months 1-2 years 2-5 years more than 5 years

28

Which of these in general would you say best describe your experience as a carer?

(tick all that apply)

Rewarding Fulfilling Demanding Demoralising Stressful

Other (*please specify*)

Thank you for taking the time to complete this survey.

Please return this form to **Carers Week Annual Survey,**
32-36 Loman Street, London SE1 0EH to arrive no
later than **31 March 2008.**

The charities who make up Carers Week Partnership
may occasionally contact you to provide information
relevant to carers. If you do **not** want to be contacted
please tick here.

Carers Week 9-15 June 2008

t 0845 241 2582 f 020 7490 8824 e mail@carersweek.org w www.carersweek.org