Getting help and connected as a carer

Easy read version September 2013



These questions are for anyone who looks after someone in South Gloucestershire.



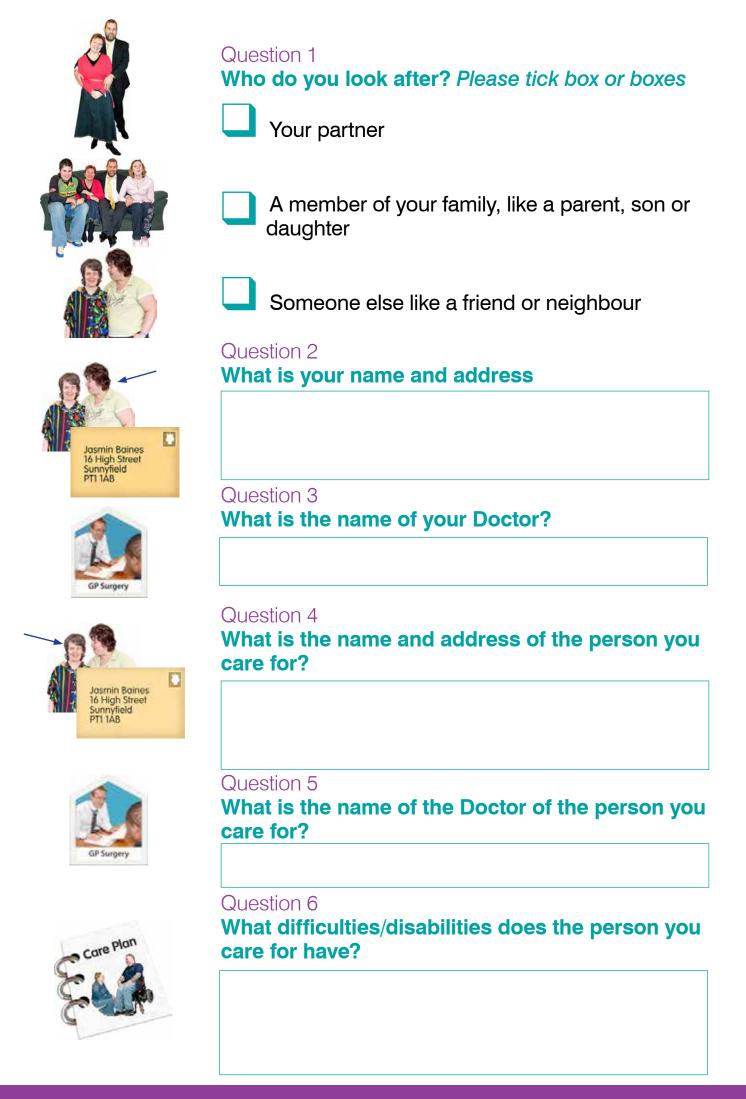
Your answers will help us find out how being a carer changes your life so we can help you.

You can ask someone like a friend or advocate to help you.











How many hours a week do you spend being a carer?

Changes in your life

These questions are about things that have changed in your life because you are a carer.



Question 8

Has being a carer for someone changed your physical health? Please tick one box for each of the following questions (8-16)

- Made things a lot worse

 Made things worse

 Not made any difference

 Made things better
- Made things a lot better



Question 9

Has being a carer for someone changed your mental health?

- Made things a lot worse

 Made things worse

 Not made any difference

 Made things better
- Made things a lot better



Has being a carer for someone changed how you feel about the future?





Question 11

Has being a carer changed your quality of life?

ade things a l	ot worse
	ade things a l

Made things worse

On the second se

Made things better

Made things a lot better



Has being a carer changed how much time you have to do the things you want to do? This could be things like seeing your friends

	Made things a lot worse
	Made things worse
<u></u>	Not made any difference
\odot	Made things better
Θ	Made things a lot better



Question 13

Has being a carer changed how much time you have to do the things you need to do like looking after your home?

	Made things a lot worse
	Made things worse
	Not made any difference
\odot	Made things better
$\overline{\Box}$	Made things a lot hetter



Has being a carer changed how much time you have for other people, like your family?

	Made things a lot worse
	Made things worse
	Not made any difference
	Made things better
Θ	Made things a lot better



Question 15

Has being a carer changed the amount of money vou have?

you nave	* i
	Made things a lot worse
	Made things worse
	Not made any difference
	Made things better
	Made things a lot better

Work Policy	As being a carer changed the way you do your job? Made things a lot worse Made things worse Not made any difference Made things better Made things a lot better Question 17 Is there anything else you would like to tell us about your role as a carer?
	Question 18 Signature of carer and date

Data Protection

The personal data you provide on this form will be used and shared in accordance with the Data Protection Act 1998. It will be processed by The Carers' Support Centre and sent securely to South Gloucestershire Council. The Children, Adults and Health Department will hold the information and it will be used for your assessment as a carer.

Information sharing

Information recorded about you will be shared with South Gloucestershire Council and will be used to support you with the care you provide. This may involve contacting organisations on your behalf that may be able to offer additional support or services.

Safeguarding

If you provide information in confidence it will be treated as such unless you disclose that you or the person you care for are being hurt, harmed or that health and/or safety is at risk. In this instance the Carers' Support Centre have a duty to alert South Gloucestershire Council.

Do you consent to information recorded about you being shared with other organisations who may be able to offer you additional support or services?

Yes

No

Web: www.southglos.gov.uk/dataprotection

Date



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