

Start

**Thank you for your willingness to participate in this study!**

This survey aims to build a picture of how to best support unpaid carers of older adults.

Earlier this year we asked groups of carers in Scotland to share their experiences of support as carers of older people living in Scotland. Their views helped to design this survey.

Together your responses will be used to investigate how carers across Scotland prefer to look after their health and wellbeing.

Please note before beginning that this survey is for those caring unpaid for an older relative or friend.

Next

## Thank you for your willingness to participate in this study!

This survey aims to build a picture of how to best support unpaid carers of older adults.

Earlier this year we asked groups of carers in Scotland to share their experiences of support as carers of older people living in Scotland. Their views helped to design this survey.

Together your responses will be used to investigate how carers across Scotland prefer to look after their health and wellbeing.

Please note before beginning that this survey is for those caring unpaid for an older relative or friend.

### Do you support or provide unpaid care for someone over the age of 55?

(The term 'unpaid' still applies to you if you receive carers allowance)

Eligibility=1  Yes

Eligibility=2  No

Back

Next

0%  100%

### **Key things you should know about your data**

This questionnaire does not collect personal information which will identify you directly, e.g. your name. However, the information about you that is collected, e.g. your age, the first part of your postcode (excluding the last 3 digits), when taken together might be sufficient to identify you. For this reason, we treat it as we would personal data. This will be processed in accordance with the General Data Protection Regulations (GDPR). Under GDPR the legal basis for processing your personal data will be public interest.

Your answers will be kept confidential. They will be stored in a password-protected file and may be used in academic publications. Your IP address will not be stored. Data that we collect from you may be transferred to, and stored or processed at, a destination outside the European Economic Area (EEA) by submitting your personal data, you agree to this transfer, storing or processing.

Your rights to withdraw your responses once they have been submitted are limited, as we need to manage your information in specific ways in order for the research to be reliable and accurate and we will not be collecting any information which directly identifies you. For this reason, if you withdraw from the project, we will keep the information about you that we have already obtained. To safeguard your rights, this questionnaire uses the minimum personally-identifiable information possible.

At this point or later, if you have any questions or concerns, please do not hesitate to contact Nadine Thomas (PhD Student, 01786466682) or Alison Dawson (PhD Supervisor, 01786466328).

You have the right to lodge a complaint against the University regarding data protection issues with the Information Commissioner's Office (<https://ico.org.uk/concerns/>). The University's Data Protection Officer is Joanna Morrow, Deputy Secretary. If you have any questions relating to data protection these can be addressed to [data.protection@stir.ac.uk](mailto:data.protection@stir.ac.uk) in the first instance.

Remember that you may stop the survey at any point without having to give a reason. This survey should take around 10 minutes to complete. We hope you find this interesting. The results of this survey will be available online from January 2019 on the University of Stirling's Dementia and Ageing group website <http://dementia.stir.ac.uk/information/dementia-research>. Data from the study will then be archived at the University of Stirling in accordance with university policy. On behalf of the Centre for Population Change and the University of Stirling, we are very grateful to all who take the time to complete the survey.

Do you give consent to participate in this research? If yes, please click 'Next' to continue.

Back

Next

0%  100%

## **Instructions**

This survey is about how you as a carer make decisions about the support you may or may not become involved with.

The following video is a short summary of what this research tries to achieve and how to answer the questions:



In summary, in this survey you will be presented with 10 scenarios relating to a short break and a choice over who provides replacement care. You will be given 3 options and asked which one you would be most likely to make in real life. You will be presented with different options each time. For these we would like you to imagine you have a friend or relative you would be comfortable to leave the care of the person you support.

If you do not want to select any of these options please click 'I would rather not have a short break'. It is important that you answer it as if you were making that choice in real life.

The first one will be a practice! Have a go. You can always go back and change your response.

Back

Next

0%  100%

**Imagine you have been given £200 social care budget for a planned short break from your caring responsibilities and you are looking for replacement care.**

If these replacement care options were the available to you, which of the following would you prefer most?

(Please note the budget is not affected by hospital stay, and can be paid directly to the agency or individual providing replacement care).

If you would choose none of these options, please click 'None'.

(1 of 10)

**Provided by**

Paid care worker  
- familiar

Family member

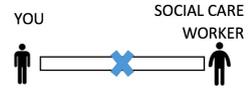
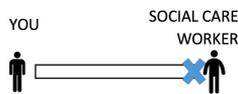
Paid care worker  
- unfamiliar

**Arranged by**

On your behalf

By yourself

With some help



**Available in**



**Offers to the person you support**

Free time

Organised social and leisure activities

Organised social and leisure activities

CBC\_Random1

Select

CBC\_Random1

Select

CBC\_Random1

Select

NONE: I wouldn't choose any of these.

CBC\_Random1

Select

Back

Next



Great - thank you!

Now you have had a practice, there will be 9 questions with the **same scenario**.

You will be asked to choose between replacement care packages which will have slightly different combination of the following features:

- **Who provides the care**
- **Who organises the care**
- **How long you have to wait**
- **How involved you are in co-ordinating it**

Back

Next



**Imagine you have been given £200 social care budget for a planned short break from your caring responsibilities and you are looking for replacement care.**

If these replacement care options were the available to you, which of the following would you prefer most?

(Please note the budget is not affected by hospital stay, and can be paid directly to the agency or individual providing replacement care).

If you would choose none of these options, please click 'None'.

(2 of 10)

**Provided by**

Paid care worker  
- unfamiliar

Friend

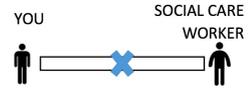
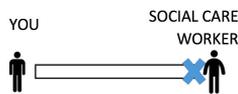
Family member

**Arranged by**

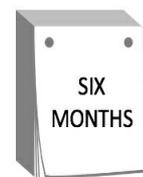
On your behalf

By yourself

With some help



**Available in**



**Offers to the person you support**

Organised social and leisure activities

Free time

Free time

CBC\_Random2

Select

CBC\_Random2

Select

CBC\_Random2

Select

NONE: I wouldn't choose any of these.

CBC\_Random2

Select

Back

Next

0% 100%

**Imagine you have been given £200 social care budget for a planned short break from your caring responsibilities and you are looking for replacement care.**

If these replacement care options were the available to you, which of the following would you prefer most?

(Please note the budget is not affected by hospital stay, and can be paid directly to the agency or individual providing replacement care).

If you would choose none of these options, please click 'None'.

(3 of 10)

**Provided by**

Family member

Paid care worker  
- familiar

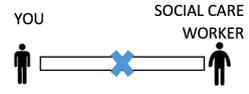
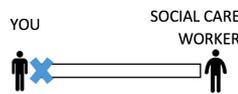
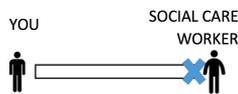
Friend

**Arranged by**

On your behalf

By yourself

With some help



**Available in**



**Offers to the person you support**

Organised social and leisure activities

Free time

Organised social and leisure activities

CBC\_Random3

Select

CBC\_Random3

Select

CBC\_Random3

Select

NONE: I wouldn't choose any of these.

CBC\_Random3

Select

Back

Next



**Imagine you have been given £200 social care budget for a planned short break from your caring responsibilities and you are looking for replacement care.**

If these replacement care options were the available to you, which of the following would you prefer most?

(Please note the budget is not affected by hospital stay, and can be paid directly to the agency or individual providing replacement care).

If you would choose none of these options, please click 'None'.

(4 of 10)

**Provided by**

Friend

Paid care worker - unfamiliar

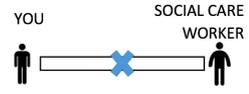
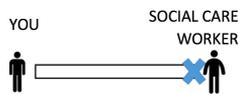
Paid care worker - familiar

**Arranged by**

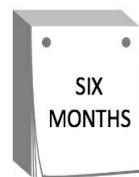
On your behalf

By yourself

With some help



**Available in**



**Offers to the person you support**

Free time

Organised social and leisure activities

Free time

CBC\_Random4

Select

CBC\_Random4

Select

CBC\_Random4

Select

NONE: I wouldn't choose any of these.

CBC\_Random4

Select

Back

Next



**Imagine you have been given £200 social care budget for a planned short break from your caring responsibilities and you are looking for replacement care.**

If these replacement care options were the available to you, which of the following would you prefer most?

(Please note the budget is not affected by hospital stay, and can be paid directly to the agency or individual providing replacement care).

If you would choose none of these options, please click 'None'.

(5 of 10)

**Provided by**

Paid care worker  
- unfamiliar

Friend

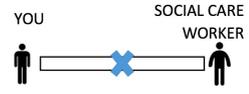
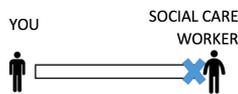
Paid care worker  
- familiar

**Arranged by**

On your behalf

By yourself

With some help



**Available in**



**Offers to the person you support**

Free time

Organised social and leisure activities

Organised social and leisure activities

CBC\_Random5

Select

CBC\_Random5

Select

CBC\_Random5

Select

NONE: I wouldn't choose any of these.

CBC\_Random5

Select

Back

Next

0% 100%

**Imagine you have been given £200 social care budget for a planned short break from your caring responsibilities and you are looking for replacement care.**

If these replacement care options were the available to you, which of the following would you prefer most?

(Please note the budget is not affected by hospital stay, and can be paid directly to the agency or individual providing replacement care).

If you would choose none of these options, please click 'None'.

(6 of 10)

**Provided by**

Paid care worker  
- familiar

Paid care worker  
- unfamiliar

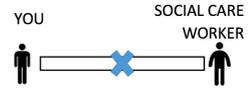
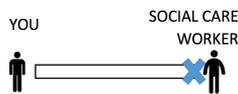
Family member

**Arranged by**

On your behalf

By yourself

With some help



**Available in**



**Offers to the person you support**

Organised social and leisure activities

Free time

Free time

CBC\_Random6

Select

CBC\_Random6

Select

CBC\_Random6

Select

NONE: I wouldn't choose any of these.

CBC\_Random6

Select

Back

Next

0% 100%

**Imagine you have been given £200 social care budget for a planned short break from your caring responsibilities and you are looking for replacement care.**

If these replacement care options were the available to you, which of the following would you prefer most?

(Please note the budget is not affected by hospital stay, and can be paid directly to the agency or individual providing replacement care).

If you would choose none of these options, please click 'None'.

(7 of 10)

**Provided by**

Family member

Paid care worker  
- familiar

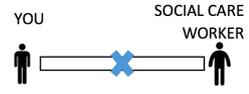
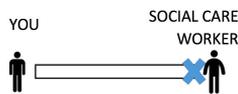
Friend

**Arranged by**

On your behalf

By yourself

With some help



**Available in**



**Offers to the person you support**

Free time

Organised social and leisure activities

Organised social and leisure activities

CBC\_Random7

Select

CBC\_Random7

Select

CBC\_Random7

Select

NONE: I wouldn't choose any of these.

CBC\_Random7

Select

Back

Next



**Imagine you have been given £200 social care budget for a planned short break from your caring responsibilities and you are looking for replacement care.**

If these replacement care options were the available to you, which of the following would you prefer most?

(Please note the budget is not affected by hospital stay, and can be paid directly to the agency or individual providing replacement care).

If you would choose none of these options, please click 'None'.

(8 of 10)

**Provided by**

Friend

Family member

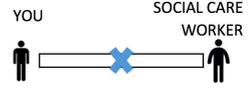
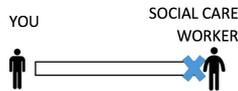
Paid care worker  
- unfamiliar

**Arranged by**

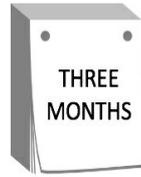
On your behalf

By yourself

With some help



**Available in**



**Offers to the person you support**

Free time

Organised social and leisure activities

Free time

CBC\_Random8

Select

CBC\_Random8

Select

CBC\_Random8

Select

NONE: I wouldn't choose any of these.

CBC\_Random8

Select

Back

Next

0% 100%

**Imagine you have been given £200 social care budget for a planned short break from your caring responsibilities and you are looking for replacement care.**

If these replacement care options were the available to you, which of the following would you prefer most?

(Please note the budget is not affected by hospital stay, and can be paid directly to the agency or individual providing replacement care).

If you would choose none of these options, please click 'None'.

(9 of 10)

**Provided by**

Paid care worker  
- familiar

Paid care worker  
- unfamiliar

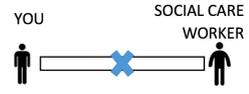
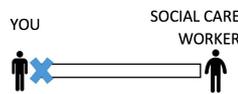
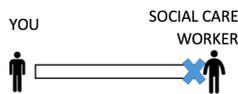
Friend

**Arranged by**

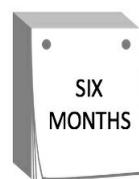
On your behalf

By yourself

With some help



**Available in**



**Offers to the person you support**

Organised social and leisure activities

Free time

Free time

CBC\_Random9

Select

CBC\_Random9

Select

CBC\_Random9

Select

NONE: I wouldn't choose any of these.

CBC\_Random9

Select

Back

Next



**Imagine you have been given £200 social care budget for a planned short break from your caring responsibilities and you are looking for replacement care.**

If these replacement care options were the available to you, which of the following would you prefer most?

(Please note the budget is not affected by hospital stay, and can be paid directly to the agency or individual providing replacement care).

If you would choose none of these options, please click 'None'.

(10 of 10)

**Provided by**

Family member

Paid care worker  
- familiar

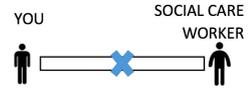
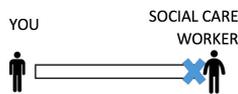
Paid care worker  
- unfamiliar

**Arranged by**

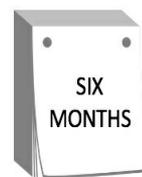
On your behalf

By yourself

With some help



**Available in**



**Offers to the person you support**

Organised social and leisure activities

Free time

Organised social and leisure activities

CBC\_Random10

Select

CBC\_Random10

Select

CBC\_Random10

Select

NONE: I wouldn't choose any of these.

CBC\_Random10

Select

Back

Next



## Thank you.

In the second part of the survey we would like you to think more generally about support.

Please consider how important the following different features of a support package would be to you.

Click on which one you consider is the Most Important and which is the Least Important?

You will be shown the **same features six times** in a slightly different order. Please choose which one you would most value and least value each time.

(1 of 6)

Most Important		Least Important
typesofsupport_1_b=1 <input type="radio"/>	Practical support (e.g. equipment, transport)	typesofsupport_1_w=1 <input type="radio"/>
typesofsupport_1_b=3 <input type="radio"/>	A short break or respite including replacement care	typesofsupport_1_w=3 <input type="radio"/>
typesofsupport_1_b=4 <input type="radio"/>	Training or learning	typesofsupport_1_w=4 <input type="radio"/>

Click the 'Next' button to continue...

Back

Next

0%

100%

## Thank you.

In the second part of the survey we would like you to think more generally about support.

Please consider how important the following different features of a support package would be to you.

Click on which one you consider is the Most Important and which is the Least Important?

You will be shown the **same features six times** in a slightly different order. Please choose which one you would most value and least value each time.

(2 of 6)

Most Important		Least Important
typesofsupport_2_b=3 <input type="radio"/>	A short break or respite including replacement care	typesofsupport_2_w=3 <input type="radio"/>
typesofsupport_2_b=2 <input type="radio"/>	Counselling or emotional support (e.g. peer groups)	typesofsupport_2_w=2 <input type="radio"/>
typesofsupport_2_b=7 <input type="radio"/>	Advocacy i.e. someone representing your views to social work or NHS staff	typesofsupport_2_w=7 <input type="radio"/>

Click the 'Next' button to continue...

Back

Next

0%

100%

## Thank you.

In the second part of the survey we would like you to think more generally about support.

Please consider how important the following different features of a support package would be to you.

Click on which one you consider is the Most Important and which is the Least Important?

You will be shown the **same features six times** in a slightly different order. Please choose which one you would most value and least value each time.

(3 of 6)

Most Important		Least Important
typesofsupport_3_b=7 <input type="radio"/>	Advocacy i.e. someone representing your views to social work or NHS staff	typesofsupport_3_w=7 <input type="radio"/>
typesofsupport_3_b=1 <input type="radio"/>	Practical support (e.g. equipment, transport)	typesofsupport_3_w=1 <input type="radio"/>
typesofsupport_3_b=5 <input type="radio"/>	Help applying for carers allowance or other financial assistance	typesofsupport_3_w=5 <input type="radio"/>

Click the 'Next' button to continue...

Back

Next

0%  100%

## Thank you.

In the second part of the survey we would like you to think more generally about support.

Please consider how important the following different features of a support package would be to you.

Click on which one you consider is the Most Important and which is the Least Important?

You will be shown the **same features six times** in a slightly different order. Please choose which one you would most value and least value each time.

(4 of 6)

Most Important		Least Important
typesofsupport_4_b=2 <input type="radio"/>	Counselling or emotional support (e.g. peer groups)	typesofsupport_4_w=2 <input type="radio"/>
typesofsupport_4_b=6 <input type="radio"/>	A carers payment including Self-Directed Support	typesofsupport_4_w=6 <input type="radio"/>
typesofsupport_4_b=1 <input type="radio"/>	Practical support (e.g. equipment, transport)	typesofsupport_4_w=1 <input type="radio"/>

Click the 'Next' button to continue...

Back

Next

0%  100%

## Thank you.

In the second part of the survey we would like you to think more generally about support.

Please consider how important the following different features of a support package would be to you.

Click on which one you consider is the Most Important and which is the Least Important?

You will be shown the **same features six times** in a slightly different order. Please choose which one you would most value and least value each time.

(5 of 6)

Most Important		Least Important
typesofsupport_5_b=4 <input type="radio"/>	Training or learning	typesofsupport_5_w=4 <input type="radio"/>
typesofsupport_5_b=7 <input type="radio"/>	Advocacy i.e. someone representing your views to social work or NHS staff	typesofsupport_5_w=7 <input type="radio"/>
typesofsupport_5_b=6 <input type="radio"/>	A carers payment including Self-Directed Support	typesofsupport_5_w=6 <input type="radio"/>

Click the 'Next' button to continue...

Back

Next

0%  100%

## Thank you.

In the second part of the survey we would like you to think more generally about support.

Please consider how important the following different features of a support package would be to you.

Click on which one you consider is the Most Important and which is the Least Important?

You will be shown the **same features six times** in a slightly different order. Please choose which one you would most value and least value each time.

(6 of 6)

Most Important		Least Important
typesofsupport_6_b=5 <input type="radio"/>	Help applying for carers allowance or other financial assistance	typesofsupport_6_w=5 <input type="radio"/>
typesofsupport_6_b=6 <input type="radio"/>	A carers payment including Self-Directed Support	typesofsupport_6_w=6 <input type="radio"/>
typesofsupport_6_b=4 <input type="radio"/>	Training or learning	typesofsupport_6_w=4 <input type="radio"/>

Click the 'Next' button to continue...

Back

Next

0%  100%

## Age

Finally, some important details about you.

How old are you?

- Age=1 Under 18
- Age=2 18 – 24 years old
- Age=3 25 – 34 years old
- Age=4 35 – 44 years old
- Age=5 45 – 54 years old
- Age=6 55 – 64 years old
- Age=7 64 – 74 years old
- Age=8 75 – 84 years old
- Age=9 85 – 94 years old
- Age=10 95+ years old

## Gender

What is your gender?

- Gender=1 Male
- Gender=2 Female
- Gender=3 Other

## Ethnicity

How would you describe your ethnicity?

- Ethnicity=1 White
- Ethnicity=2 Mixed or multiple ethnic groups
- Ethnicity=3 Asian, Asian Scottish or Asian British
- Ethnicity=4 African, Caribbean or Black
- Ethnicity=5 Other
- Ethnicity=6 Prefer not to disclose

Back

Next

0%



100%

### Familymember

Do you have a **family member** that you would feel comfortable leaving the person you support in the care of?

Familymember=1  Yes

Familymember=2  No

### Friend

Do you have a **friend** that you would feel comfortable leaving the person you support in the care of?

Friend=1  Yes

Friend=2  No

### Lastbreak

When was the last time you had a break from caring?

Lastbreak=1  Within the last 30 days (1 month)

Lastbreak=2  Between 1 month and 1 year

Lastbreak=3  Between 1 year and 5 years

Lastbreak=4  Over 5 years

### Shortbreak

Have you ever received funding to help you have a break from caring?

Shortbreak=1  Yes

Shortbreak=2  No

### Socialwork

Have you previously, or are you currently, receiving help from a social worker?

Socialwork=1  Yes

Socialwork=2  No

Back

Next

### Coresidence

Do you live with the person you support?

Coresidence=1 Yes

Coresidence=2 No

### Hourscairing

As a rough guide how many hours do you care for the person every week?

Hourscairing=1 1-19 hours (equivalent to 1-2 working days)

Hourscairing=2 19-24 hours (2-3 working days)

Hourscairing=3 35+ (3+ working days)

### Relationship

What is your relationship to the person you care for?

Relationship=1 Neighbour

Relationship=2 Friend

Relationship=3 Child

Relationship=4 Spouse

Relationship=5 Other relative

Back

Next

0%  100%

## Postcode

What are the first half of your postcode (i.e. excluding the last 3 digits)? For example, for AB12 3CD, this would be AB12

This gives an idea of the services in your area, without giving your full address.

Back

Next

0%  100%

Terminate

## Thank you

Thank very much for your time to complete this survey. Your input is incredibly valuable as it helps put together a fuller picture of what carers across Scotland look for in a support service, and helps to make the needs of carers heard.

You may wish to find out more about being a carer, such as where to find help, or how to support others. If so, some of the organisations below might be able to point you in the right direction.

NHS Carers Direct Helpline - 0300 123 1053  
Breathing Space - 0800 838 58  
Carers UK - 0808 808 7777

To find out the results from this survey and how they are used, please check out <http://dementia.stir.ac.uk/information/dementia-research>. They should be available from January 2019 onwards.

If you cannot find the answer to your question there, please do not hesitate to get in touch using the details below:

Nadine Thomas  
Telephone number: 01786 466 682  
Email: [nadine.thomas@stir.ac.uk](mailto:nadine.thomas@stir.ac.uk)

You can now close the window

Powered by Sawtooth Software, Inc.

0%  100%