



# Carers Week Annual Survey



Dear Carer

In 2007 the thirteenth annual Carers Week will highlight the impact being a carer can have on your career, your finances, your health, and on relationships with friends and family. This survey will enable us to hear your views and experiences, and help us to ensure that Carers Week:

- **Recognises and celebrates** the contribution made by carers
- **Campaigns** for better support and services for carers
- **Promotes** policies and best practice that can improve carers' quality of life
- **Reaches out** to 'hidden' carers, ensuring they know where support can be found

The results of this survey will appear in the media, will be sent to every MP, will be circulated to key decision-makers and opinion-formers, and will help to form the evidence and create the momentum that can achieve positive change for carers.

This form should only take a few minutes of your time to complete and needs to be returned to us by **30 March 2007** at the latest. Many thanks for your assistance, and for helping us to make sure carers' voices are heard loud and clear.

With best wishes.

**Paul Matz**

Carers Week Manager

**ps** please feel free to photocopy this form, and distribute it to other carers. Alternatively additional copies can be ordered from Carers Week, 20–25 Glasshouse Yard, London EC1A 4JT and from [mail@carersweek.org](mailto:mail@carersweek.org). Carers can also take part in this survey online at [www.carersweeksurvey.org.uk](http://www.carersweeksurvey.org.uk)

Please ensure you complete this introductory section, which will help us identify differences in carers' experiences in different parts of the UK, and enable us to provide you with the key results of the survey prior to Carers Week. 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.**

NAME

---

ADDRESS

---

---

---

POSTCODE

---

EMAIL

---

PHONE

---

.....

**Q1 Are you?**

Male  Female

**Q2 How old are you?**

Under 18  18–34  35–44  45–54  55–64  Over 65

**Q3 How old is the person you care for? (tick all that apply)**

Under 18  18–34  35–44  45–54  55–64  Over 65

.....

**CARERS UK**  
the voice of carers

0808 808 7777  
[www.carersuk.org](http://www.carersuk.org)

**counsel + care**  
for older people, their families and carers

0845 300 7585  
[www.counselandcare.org.uk](http://www.counselandcare.org.uk)

**CROSSROADS**  
Carers

0845 450 0350  
[www.crossroads.org.uk](http://www.crossroads.org.uk)

**WE ARE MACMILLAN.**  
CANCER SUPPORT

0808 808 2020  
[www.macmillan.org.uk](http://www.macmillan.org.uk)

**Q4 Where do you live?**

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Scotland         | <input type="checkbox"/> East Midlands | <input type="checkbox"/> South East             |
| <input type="checkbox"/> Northern Ireland | <input type="checkbox"/> London        | <input type="checkbox"/> South West             |
| <input type="checkbox"/> Wales            | <input type="checkbox"/> North East    | <input type="checkbox"/> West Midlands          |
| <input type="checkbox"/> East of England  | <input type="checkbox"/> North West    | <input type="checkbox"/> Yorkshire & Humberside |

**Q5 On average how many hours a week do you provide care for?**

- 1–19     20–34     35–49     50+

**Q6 Who do you care for? (tick all that apply)**

- Mother/Father     Husband/Wife/Partner     Son/Daughter  
 Other relative     Friend  
 *The person I care for has a mental health problem*

**Q7 Are you worse off financially now you are a carer?**

- Yes     No

**Q8 If yes, have the consequences included? (tick all that apply)**

- Significant debts     Unable to properly support family  
 Unable to take holidays     Lost home  
 Reduced future pension provision

**Q9 Were you made aware of financial support (such as Carer's Allowance) available to you when you became a carer?**

- Yes     No

**Q10 Has your career been affected as a direct result of your caring role?**

- Yes     No

**Q11 If yes, tick all the following that apply**

- Reduced promotion prospects     Less responsibility at work  
 Cannot take up training opportunities     Exclusion from social activities at work  
 Difficult to get back on job ladder     Can only obtain low-paid or part-time work



0808 800 8000  
www.mssociety.org.uk



0845 456 0455  
www.rethink.org



020 7480 7788  
www.carers.org



020 7490 8818  
www.acecarers.org.uk

**Q12 How could your working life be made easier? (tick all that apply)**

- More flexible working hours       Tax breaks for carers  
 Greater support from boss       More understanding from colleagues  
 Better quality and more affordable care services       Other (please specify)

.....  
.....  
.....  
.....  
.....

**Q13 Has your relationship with your spouse/partner suffered since you became a carer?**

- Yes       No

**Q14 If yes, to what extent? (tick all that apply)**

- Arguing more often       Lack of quality time together       Not as intimate  
 Separated or divorced       Other (please specify)

.....  
.....  
.....  
.....  
.....

**Q15 Over the last 12 months, how often have you had a day completely to yourself?**

- Once a week       Once a fortnight       Once a month  
 Very occasionally       Never



Carers Week is part funded by the European Social Fund under the Equal Community Initiative Programme.



t 020 7566 7608  
f 020 7253 9831  
mail@carersweek.org  
www.carersweek.org

**Q16 When/if you have a day completely to yourself, how would you be most likely to use it?**

- |   |  |
|---|--|
| <input type="checkbox"/> Catching up on sleep   | <input type="checkbox"/> Socialising with friends/family |
| <input type="checkbox"/> Doing household chores | <input type="checkbox"/> Doing a hobby                   |
| <input type="checkbox"/> Working                | <input type="checkbox"/> Visiting the doctor             |

**Q17 Since becoming a carer, do you feel your relationships with friends and/or family have been adversely affected?**

- Yes                       No

**Q18 Has your health deteriorated as a result of you being a carer?**

- Yes                       No

**Q19 Have you had a health check in the last 12 months?**

- Yes                       No

**Q20 Which area of your life has suffered the most since becoming a carer?**  
*(please rank 1 as your top, ending with 4)*

- |  |  |
|--|--|
| <input type="checkbox"/> Finances                    | <input type="checkbox"/> Career and work |
| <input type="checkbox"/> Social life / relationships | <input type="checkbox"/> Health          |

**Q21 Do you feel your sense of identity has been lost since you become a carer?**

- Yes                       No

**Q22 Which of these descriptions would you say best describe your experience as a carer? (tick all that apply)**

- Rewarding       Fulfilling       Demanding       Demoralising       Stressful

---

## **Carers Week 11–17 June 2007**

- Tick here if you would like to receive the results of this survey
- Tick here if you are interested in supporting the carers cause by speaking to the media about your experience of being a carer. Support and assistance will be available.

Please seal here before posting

Please seal here before posting

Fold here

A stamp  
will save us  
paying  
postage.  
Thank you.

Carers Week Survey  
**Freepost KE8764**  
London  
EC1B 1AE