

Care for the Carers  
FREEPOST RTAC-GURC-XUJC  
Hightlight House  
8 St. Leonards Road  
Eastbourne  
BN21 3UH

fold and tape edges together



## *Care for the Carers Annual Survey 2021*

**Please help improve services for carers in East Sussex by telling us about your experience of Care for the Carers.**

We'd love to hear your views on our work, the support you have received from us and services you would like us to offer. Your feedback is valuable and will help us to make sure carers can access the right support when they need it.

### **Prize Draw!**



As a token of thanks, all completed surveys will be entered into a prize draw for a £20 Amazon Gift Card. See full prize draw Terms and Conditions at <https://www.cftc.org.uk/terms-and-conditions-1>

Please return your completed survey by 15th March 2021 using our FREEPOST address – just tear out this page, fold and stick the edges together. Alternatively, you can complete the survey online at <https://www.smartsurvey.co.uk/s/carerssurvey2021>, or call us on 01323 738 390 to complete it with someone over the phone. We will share the anonymised results of the survey with carers in a future communication. Thank you for taking part.



**1 Information, advice and guidance from Care for the Carers...**

Please choose one option for each point

	Strongly Agree	Agree	Disagree	Strongly Disagree
● is helpful to me as a carer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
● is available to me when I need it	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
● has let me know about my rights, and the support available to me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
● has helped me to make informed decisions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
● listens to me/my suggestions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**2 I feel that Care for the Carers...**

Please choose one option for each point

	Strongly Agree	Agree	Disagree	Strongly Disagree
● has supported me as a carer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
● values me as an equal partner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
● respects me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
● has helped me to improve my own health and wellbeing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
● provides me with options for socialising with other carers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
● Overall, I am satisfied with Care for the Carers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**3 How does your caring role affect you?**

Please choose one option for each point

	Often / a lot	Sometimes / a little	Never / not at all
● I feel alone/isolated	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
● I feel stressed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
● My physical health has worsened	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
● My wellbeing has been affected	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
● My finances have been affected	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
● My ability to work has been affected	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
● I continue to feel the negative impacts of the COVID-19 on my caring role	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**4 In the last 12 months, have you accessed any respite care to help you take a break from your caring role?**

Please choose one option Yes  No  No, but I would have liked to access respite

**5 If you answered no, but you would like to have accessed respite provision, what were the barriers to you accessing respite?**

**6 What support do you need the most as a carer?**

**7 Can you suggest any support or service that would help you that is not currently available?**

**8 What else can Care for the Carers do to develop the best help for East Sussex carers?**

**9 Do you have any other comments, feedback or ideas about our work, how we communicate and the information we provide?**

**10 Please provide your name and contact details to be entered into the Prize Draw.**

Name

Email

Telephone

**11 Please send me CareLine by email (by choosing to receive CareLine by email instead of in the post, you are helping us to reduce our postage costs).**

Please send me your monthly newsletter by email.