

SECTION 2: CARER EXPERIENCE SCALE

2.1 Please tick one box for each group to indicate which statement best describes your current caring situation.

1. Activities outside caring

(Socialising, physical activity and spending time on hobbies, leisure or study)

- You can do most of the other things you want to do outside caring ₁
- You can do some of the other things you want to do outside caring ₂
- You can do few of the other things you want to do outside caring ₃

2. Support from family and friends

(Personal help in caring and/or emotional support from family, friends, neighbours or work colleagues)

- You get a lot of support from family and friends ₁
- You get some support from family and friends ₂
- You get little support from family and friends ₃

3. Assistance from organisations and the Government

(Help from public, private or voluntary groups in terms of benefits, respite and practical information)

- You get a lot of assistance from organisations and the Government ₁
- You get some assistance from organisations and the Government ₂
- You get little assistance from organisations and the Government ₃

4. Fulfilment from caring

(Positive feelings from providing care, which may come from: making the person you care for happy, maintaining their dignity, being appreciated, fulfilling your responsibility, gaining new skills or contributing to the care of the person you look after)

- You mostly find caring fulfilling ₁
- You sometimes find caring fulfilling ₂
- You rarely find caring fulfilling ₃

5. Control over the caring

(Your ability to influence the overall care of the person you look after)

- You are in control of most aspects of the caring ₁
- You are in control of some aspects of the caring ₂
- You are in control of few aspects of the caring ₃

6. Getting on with the person you care for

(Being able to talk with the person you look after, and discuss things without arguing)

- You mostly get on with the person you care for ₁
- You sometimes get on with the person you care for ₂
- You rarely get on with the person you care for ₃