

Last year over 7,000 carers shared their experience of caring. This allowed us to highlight the impact of being a carer to the media, in dozens of evidence submissions to Government and Parliamentary consultations, and in reports that influence decision makers and policy makers in a wide range of areas.

In the survey we'll be asking you to tell us what life is like now, and what needs to change.

This is the most extensive survey into carers' experiences in the UK. As a result, it will take at least 20 - 30 minutes to complete - so grab a cuppa and get comfy!

Please note that this survey is only for those caring unpaid for a disabled, older or seriously ill relative or friend.

We realise that carers are busy. You are able to skip most questions in the survey. If you don't have much time, then answering the questions with the tick boxes is very much appreciated. However, the more information you give us, the better we can build a comprehensive picture of how caring affects different people. We are really keen to hear about your experiences – good or bad – in as much detail as possible as this helps us paint a picture of what it is like to be a carer in 2019 so if you have more time, please use the comment boxes.

Any comments you leave would not be identified as yours unless you give us permission to contact you and we get agreement from you to do so. Your details will never be passed on to a third party.

We are so grateful to each and every person who takes the time to complete the survey and give us a full picture of their caring experience. We will publish the top-line results in our State of Caring Report in the summer.

1. Are you currently caring for someone?

- Yes
- I have cared in the past but am no longer caring



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After caring

2. When did you stop caring?

- Less than one year ago
- 1-2 years ago
- 3-4 years ago
- 5 years ago or longer



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Please continue with the survey

The rest of the survey is worded for those currently caring. However, we would really like to hear about your past experiences of caring so please do complete the survey to reflect your experience of caring.



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Where in the UK do you live?

Carers rights, such as access to support with care needs, vary depending on the law in different parts of the UK, so it's helpful for us to know which nation of the UK you live in so we can understand how things are where you live.

3. Which country in the UK do you live in?

- England
- Scotland
- Wales
- Northern Ireland



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Where in England do you live?

4. If you live in England, which region?

- East of England
- South West
- South East
- London
- East Midlands
- West Midlands
- North East
- North West
- Yorkshire and the Humber



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Who you care for

5. How long have you been caring?

- Less than one year
- Between 1-4 years
- Between 5-9 years
- Between 10-14 years
- 15 years or more

6. Approximately how many hours a week do you provide care?

- 0-9
- 10-19
- 20-34
- 35-49
- 50-69
- 70-89
- 90 hours or more

7. What kind of an area do you live in?

- Rural (very isolated)
- Rural (small village or hamlet)
- Large village
- Suburb of a town or city
- Town or city centre
- Other (please specify)

8. How many people with care needs relating to illness, disability or needs arising from being older do you look after?

- 1
- 2
- 3
- 4 or more

9. Who do you care for? Please tick all that apply.

- Parent
- Parent-in-law
- Spouse/Partner
- Brother/Sister or Brother/Sister-in-law
- Son/Daughter or Son/Daughter-in-law
- Grandparent
- Uncle/Aunt
- Grandchild
- Ex-Partner/Spouse
- Friend/Neighbour
- Other/s (please explain who)

10. How old is the person/people you care for? Please tick all that apply.

- Under 18
- 18-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65-74
- 75-84
- 85-90
- 90 and over

11. How would you describe their condition or disability? (If you care for more than one person please answer for the person you provide most care to). Please tick all that apply

- A physical disability
- A mental health condition
- A learning disability
- An autism spectrum disorder
- Needs that arise from being older (like support with mobility)
- Dementia
- Another neurological condition (e.g Parkinson's, Motor Neurone Disease or MS)
- A sensory impairment
- Diabetes
- Asthma
- Stroke
- Coronary heart disease/heart failure
- Other long term health condition (e.g. COPD, arthritis)
- Cancer
- Alcohol or substance misuse
- A combination of conditions or disabilities
- They require palliative or end of life care
- Other (please specify)

12. What type of care or support do you provide? Please tick all that apply.

- Personal care (e.g. dressing, bathing, washing, shaving, cutting nails, help with eating, using the toilet)
- Help with moving around (e.g. with walking, getting up and down stairs, getting into and out of bed)
- Practical help (e.g. preparing meals, shopping, laundry, housework, household repairs, taking to doctor/hospital)
- Arranging/coordinating care and support, medical appointments and other help
- Helping with medication (e.g. making sure he/she takes pills, giving injections, changing dressings)
- Helping with paperwork/financial matters (e.g. writing letters, filling in forms, dealing with bills, banking)
- Providing emotional support, motivation or keeping an eye on someone either in person, or by phone or online
- Taking him/her out and supporting leisure activities (e.g. taking out for a walk or drive, or to see friends and relatives)
- Other (please describe)



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Where the person you care for lives

13. Where does the person/people you care for live? Please tick all that apply

- In the same home as me
- In their own home
- In the home of someone else
- In sheltered housing
- In a care home
- In hospital
- In a hospice
- Other (please specify)

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How far away does the person you're supporting live?

14. How far away from you does the person/people you are caring for live? Please tick all that apply.

- Within walking distance
- Within a 30 minute journey
- Between 30-60 minutes travel away
- Between 1-2 hours travel away
- Over 2 hours travel away
- They live in another country within the UK
- They live outside the UK

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Having an assessment of the impact of your caring role on you

As a carer, you are legally entitled to have your local authority (or Health and Social care Trust in Northern Ireland) look at the impact that caring has on you and look at what support should be given to you or the person you care for.

In England and Wales you are entitled to a Carer's Needs Assessment.

The assessment is an opportunity to discuss with your local council what support or services you need. The assessment should look at how caring affects your life, including for example, physical, mental and emotional needs, and whether you are able or willing to carry on caring.

In Scotland carers are entitled to have an Adult Carer's Support Plan drawn up which looks at the impact of caring and what support might be needed. For carers aged under 18 in Scotland this is called a Young Carer Statement.

We'd like to understand whether and how these legal rights are improving support for carers now

and in the future.

15. Have you had a carer's assessment or a review of your assessment in the last 12 months?

- No
- Yes and I waited less than 6 months after requesting/being referred for it
- Yes but I waited more than 6 months after requesting/being referred for it



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Your assessment

16. To what extent do you feel that the assessment process and subsequent consideration of the care and support needs of you and the person you care for sufficiently looked at the following areas

	This was not properly considered in my assessment or in support I receive	This received some but insufficient consideration	This was thoroughly considered and reflected in the support I receive
Your ability and willingness to provide care	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The support you need to look after your own mental and physical health alongside caring	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The support you need to provide care for others (i.e. a non-disabled child or someone else with care or support needs)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The support you need to juggle care with work or return to work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The support you need to juggle care with training or education	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Your ability to maintain relationships with family and friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The need to have regular breaks from caring	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	This was not properly considered in my assessment or in support I receive	This received some but insufficient consideration	This was thoroughly considered and reflected in the support I receive
Your ability to have time to yourself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The suitability of your housing for continuing your caring role	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
What needs to be put in place for the person you support in case of an emergency	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If relevant, the support you need as the person you care for or you transition from children's to adult services	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Other (please specify)



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Support for emergencies

We're gathering evidence to push for more support to help carers plan for emergencies and if the condition of the person you care for gets worse.

17. Have you had a conversation with an NHS professional e.g a GP or a nurse about what to do if the condition of the person you care for deteriorates or you are no longer able or willing to provide care for them?

- Yes
- No

Please tell us more

18. Has the person you care for been admitted to hospital in an emergency i.e had an unplanned admission in the last 12 months?

- Yes
 No

19. If yes, do you think that the emergency admission could have been prevented by any of the following? (please tick all that apply)

- More support for you from care services (eg. breaks from caring or ongoing support)
- With more time before a recent discharge from hospital for enough care or other arrangements to be put in place
- Replacement care for when you need medical treatment
- More care and support for the person you care for
- Access to a district nurse
- Access to a hospice
- Higher quality care and support for the person you care for
- Adaptations in the home of the person you care for
- Telecare or telehealth services (monitoring equipment, alarms and sensors which remotely check the health of an older, sick or disabled person and that they haven't wandered, had a fall or accident)
- No, It could not have been prevented
- Other (please specify)



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Support with caring

We'd like to hear more about the kinds of support that carers are getting or not getting....

Please let us know whether you or the person you support have access to any of the following.

20. Do you receive or buy any practical support with caring? Please tick all that apply.

- Equipment in the home of the person I care for (like hoists, grab rails or easy-grip handles on taps)
- Technology like alarms, sensors or remote monitoring to help with caring
- Practical support from care workers coming in to help
- Use of a day centre for older/disabled people
- Help managing or co-ordinating care
- A break for me from caring
- Specialist childcare for a disabled child
- Extra childcare for children who are not disabled (which helps me to care for my other loved ones)
- A Motability vehicle
- Help with other household chores (like shopping or cleaning)
- 'Live in' support (someone who is paid to live with us/the disabled/older person I care for to provide care and support)
- Help from family or friends
- Occasional use of a care home
- Occasional use of a hospice
- The person I care for lives in a care home
- None
- Other (please specify)

21. How do you feel about the practical support you might get in the future?

- I am confident that the support I receive will continue
- I am worried that the support might be reduced
- I don't know what might happen

22. Do you regularly use your own income or savings to pay for care or support services, equipment or products for the person you care for?

- Yes
- No

23. Do you or the person you care for get a cash sum from your local authority, health body or Health and Social Care Trust (in Northern Ireland) to pay for care and support services directly?

- Yes, only the person I care for does
- Yes, only I do as carer
- Yes, we both do
- No, neither of us receive a cash sum



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Using technology to make caring easier

Technology can provide reassurance for carers and independence for those we're looking after. From simple mobile apps to complex sensor systems, there are many products already available to help make life a little easier.

24. Do you or the person/people you care for use any of the following technology to support care and caring? Please tick any that apply.

- Yes, internet as a source of information
- Yes, internet as a form of communication or online support
- Yes, environmental monitoring such as heating and lighting control, door video systems, smart appliances
- Yes, remote monitoring and alerts such as motion sensors, fall detectors, personal alarm, GPS trackers
- Yes, vital signs monitoring such as blood pressure monitor, blood glucose monitor, heart rate monitor
- Yes, remote health care such as online GP appointments, repeat prescriptions, online video consultations, online mental health services
- Yes, apps such as for pain management, mood management, care co-ordination
- Yes, medication management tools such as medication dispensers or medication reminders
- No, we don't use technology to support caring
- I don't know



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Care and support services

We'd like to hear if the level of care and support services you or the person you care for receives from your local authority or Health and Social Care Trust (NI) has changed. This could be charges increasing for care, a day centre you've relied on closing or an increase in the number of hours of support the person you support gets. It could also be a change in the support you receive as a carer has changed - perhaps you've been given a free pass for the gym.

25. Have you or the person you care for experienced a change in the amount of care and support services you receive in the last year?

Yes

No



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Cuts or changes to care and support services

26. Was this because (Please tick any that apply):

- The amount of care or support arranged by social services was reduced
- You reduced the amount of care or support received because the cost increased
- You reduced the amount of care or support received because the personal budget no longer covers it
- The care or support service was not needed anymore
- The care or support service was closed with no replacement offered
- The amount of care or support arranged by social services has increased because our need for support increased
- The amount of care or support arranged by social services has increased but our needs stayed the same
- Other

27. Please tell us more about what has changed and what impact this has on your life.



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Financial pressure

Caring can take a real toll on family finances - as families face extra costs, often at the same time as they have reduced incomes.

The evidence you provide will help us campaign for improvements to financial support in the rest of the UK as well as helping us influence the continuing changes to benefits in Scotland where the government has already made changes to increase carers' benefits.

28. Which benefits do you and the person you care for receive? Please tick all that apply.

	You	The person you care for
Carer's Allowance	<input type="checkbox"/>	<input type="checkbox"/>
Income Support	<input type="checkbox"/>	<input type="checkbox"/>
Jobseekers Allowance	<input type="checkbox"/>	<input type="checkbox"/>
Employment and Support Allowance	<input type="checkbox"/>	<input type="checkbox"/>
Incapacity Benefit	<input type="checkbox"/>	<input type="checkbox"/>
Universal Credit	<input type="checkbox"/>	<input type="checkbox"/>
Disability Living Allowance	<input type="checkbox"/>	<input type="checkbox"/>
Personal Independence Payment	<input type="checkbox"/>	<input type="checkbox"/>
Attendance Allowance	<input type="checkbox"/>	<input type="checkbox"/>
Housing Benefit	<input type="checkbox"/>	<input type="checkbox"/>
Council Tax Reduction / Rate Relief (in Northern Ireland)	<input type="checkbox"/>	<input type="checkbox"/>
Discretionary Housing Payment (DHP)	<input type="checkbox"/>	<input type="checkbox"/>
Disability or Severe Disability Premium	<input type="checkbox"/>	<input type="checkbox"/>
Working Tax Credit	<input type="checkbox"/>	<input type="checkbox"/>
Child Tax Credit	<input type="checkbox"/>	<input type="checkbox"/>
No financial support from the benefits system	<input type="checkbox"/>	<input type="checkbox"/>

Other (please specify)

29. Which of the following best describes your financial situation? Please tick all that apply.

- I cannot afford utility bills like electricity, gas, water or telephone bills
- I cannot afford my rent/mortgage payments
- I am in or have been in debt as a result of caring
- I am struggling to make ends meet
- I can afford my bills without struggling financially
- Other

30. If you are struggling to make ends meet, how are you coping? Please tick all that apply.

- Using your bank account overdraft
- Using credit cards
- Taking out a loan from the bank
- Borrowing from family or friends
- Using pay day loans
- Falling into arrears with housing costs i.e. rent or mortgage payments
- Falling into arrears with utility bills
- Cutting back on essentials (like food and heating)
- Cutting back on luxuries
- Cutting back on support services which help with caring
- Cutting back on seeing friends/family
- Cutting back on hobbies/leisure activities
- Using savings
- Using food banks
- I am not struggling to make ends meet
- Other (please specify)

31. Have you been affected by any of the following changes to the social security system? Please tick any that apply.

- Restrictions to Housing Benefit criteria on the number of bedrooms (the bedroom tax)
- Difficulties with Carer's Allowance being paid to you in error
- Assessments for Personal Independent Payment
- Being asked or told by the jobcentre to attend interviews or courses that would interfere with my role as a carer
- Changes to Support with Mortgage Interest Payments (SMI)
- Moving onto Universal Credit
- Support through the Welfare Reform Mitigation payments in Northern Ireland
- No, we haven't been affected by any of these changes
- Comment



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Missing out on support

For many people it takes time to recognise that they have taken on a caring role and that support is available to them as a 'carer'. We'd like to understand the impact of this better so we can build on our evidence that carers need more support from professionals like GPs or Social Workers and others like employers to recognise that support is available for them as a carer.

You are over half way through the survey. Thank you for sharing your experiences.

32. Many people who take on caring responsibilities do not recognise themselves as 'carers'. How long did it take for you to realise that you had taken on a caring role?

- Immediately
- Six months or less
- 7-12 months
- 1-2 years
- 3-4 years
- 5-7 years
- 8-10 years
- 11-15 years
- 16 years or more

33. Do you feel you missed out on support as a result of not recognising you were a carer?

- Yes, I missed out on financial support
- Yes, I missed out on practical support (e.g. getting a break, carer support groups)
- No
- Don't know

34. If yes, what impact did missing out on support have? Please tick all that apply.

- It impacted negatively on my finances
- I had to give up work to care
- My physical health suffered
- I suffered from stress or anxiety
- It put a strain on my relationship with the person I care for
- It put a strain on my relationships with other people
- In another way. Please tell us more.



Juggling work and care?

Given the stresses and strains that can result from balancing paid work and caring, it is unsurprising that many struggle to combine both. Our recent research suggested that half a million people left paid work to care in the last two years alone.

It is important that those carers who want to work, and are able to do so, get the right support and that where it simply isn't possible to combine work and care, policy makers understand why. We would like to hear more from carers about their experiences trying to juggle work with caring.

35. What has been the impact of caring on your capacity to work? Please tick all that apply.

- I have given up work to care
- I have reduced my working hours to care
- I have had to take a less qualified job or have turned down promotion to fit around my caring responsibilities
- I retired early to care
- I retired at pension age because of my caring role
- I gave up work because I needed time to adjust to my caring role but now feel I could return to work alongside caring
- I work the same hours but my job is negatively affected by caring (e.g. tiredness, lateness, stress)
- I gave up work to care for a time but have since found a new job that I can combine with my caring role
- Caring has had no impact on my capacity to work
- I have never been in paid employment
- Other (please specify)

36. What is your current employment situation? Please tick one - if more than one applies tick whichever describes your main activity.

- Looking after the home/family/dependents full-time
- Full-time employee
- Part-time employee
- Self-employed full-time
- Self-employed part-time
- Looking for paid work/unemployed
- I am unable to work due to sickness or disability
- Full-time education
- Part-time education
- Retired



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Preparing for retirement

We'd like to gather evidence of the long-term impact that caring can have on the ability of people to prepare for retirement. We'd like to hear your experiences so we can campaign for better financial support for carers both before and during retirement.

37. How do you plan to pay for your retirement? Please tick all that apply

- State pension
- Work place pension arranged by one or more of your current/former employer(s)
- Personal savings (ISAs, investments, cash savings)
- A main home you could sell/downsize/release money from
- Rental income from a second property you own
- A business you could sell
- Expect to benefit from an inheritance
- Relying on what your spouse/partner has arranged
- Don't know

38. How has your ability to plan and save for your retirement been affected by your caring responsibilities?

Tick any that apply

- I have delayed my retirement date
- I am/was not able to save for my retirement
- I plan to or have retired early to care
- I am saving/have saved less for my retirement (because my working hours were reduced)
- I am saving/have saved less for my retirement (because my short-term financial needs are too great to afford to save for the long term)
- I will have to/have had to draw on my pension early
- My ability to plan or save for my retirement has not been affected

39. Looking to the future, what about planning for your own care needs? Please tick any that apply.

- I've prepared for any care needs I might have myself in the future
- I worry about this but haven't done anything about it
- I worry about this but cannot do anything about it
- I have focussed on the care needs of the person I care for, not my own needs
- I cannot prepare for this because I don't have enough information
- I cannot prepare for this because I haven't got any savings or income
- I cannot prepare for this because I've got other financial commitments and no spare cash
- I am planning to prepare for this later
- Other (please specify)



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Loneliness and social interaction

Carers UK worked with the Jo Cox Commission on loneliness and to influence the Government's Loneliness Strategy. This has led to new funding for local projects to support carers. We want to monitor and understand your experiences of how caring can affect relationships and social isolation.

40. How often do you feel lonely?

- Often/always
- Sometimes
- Hardly ever
- Never
- Prefer not to say

41. Have you ever felt lonely or isolated as a result of your caring role? Please tick any that apply.

- Yes, not being able to get out of the house has made me feel lonely and socially isolated
- Yes, not being comfortable with talking to my friends about caring has made me feel lonely and socially isolated
- Yes, not having time to participate in social activities has made me feel lonely and socially isolated
- Yes, not being able to afford to participate in social activities has made me feel lonely and socially isolated
- Yes, I have felt isolated from other people in my workplace because of my caring role
- No, I have not felt lonely or socially isolated as a result of my caring role
- Other (please specify)



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Health and Well-being

Please tell us a bit about your own health and well-being. We know that carers are more like to have bad health than people who aren't caring and we'd like to gather more evidence to seek improvements in the way health professionals support carers with their own health.

42. How is your health in general ?

	Very good	Good	Fair	Bad	Very bad
Physical health	<input type="radio"/>				
Mental health	<input type="radio"/>				



harder to get or stay active, to make a case for more support and opportunities for carers.

47. Are you able to do as much exercise as you'd like to do?

Yes

No

Please tell us more

48. We'd like you to think about all the activities that you did in the last week that can be categorised into the following:

Vigorous physical activities - These are activities that take hard physical effort and make you breathe much harder than is normal for you e.g. heavy lifting, running, gym work, aerobics or fast cycling.

Moderate physical activities - These are activities that take moderate physical effort and make you breathe somewhat harder than normal for you e.g. carrying light loads, bicycling at a regular pace, recreational swimming.

Light physical activities - These are activities that take light physical effort and you can breathe normally e.g. walking to travel from place to place and other walking you might do for recreation or other light exercise

On how many days in the last 7 days did you do each type of physical activity for 10 minutes or more?

	0	1	2	3	4	5	6	7
Vigorous physical activities	<input type="radio"/>							
Moderate physical activities	<input type="radio"/>							
Light physical activities	<input type="radio"/>							

49. Thinking just about those days when you spent 10 minutes or more doing vigorous, moderate or light physical activity, how many minutes in total did you do each type of activity for across the whole week?

	0 minutes	30 minutes or fewer	30 - 60 minutes	60 - 90 minutes	90 - 120 minutes	More than 120 minutes
Vigorous physical activity	<input type="radio"/>					
Moderate physical activity	<input type="radio"/>					
Light physical activity	<input type="radio"/>					

50. What are the **3** main reasons you would take part in exercise or physical activity? Please select 3 to show your top 3 reasons.

	Reason one	Reason two	Reason three
To have fun	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To feel good	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To relax/unwind	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To be fit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To have better physical health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To have better mental health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To sleep better	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To lose weight or improve my appearance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To manage a health condition	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To spend time with friends or family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To make new friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To try new things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To increase my self-confidence,	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To feel part of something	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To be fit to continue with my caring role now and in the future	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

51. Below you will see some statements concerning the different attitudes which people may have towards physical activity. For each one please indicate the extent to which you agree or disagree that it applies to you personally, using a scale from strongly agree to strongly disagree.

	Strongly Agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
I am aware of the recommendations concerning the amount of physical activity someone my age should do	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think the benefits of being physically active are exaggerated	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My caring role is so tiring so I don't have the energy to do more physical activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Because my caring role keeps me so busy I don't need to do physical activities to keep fit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would like to be fitter than I am	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being physically active makes me feel good about myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have resolved to be more active in the past but haven't stuck to it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Physical activity isn't for people like me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Physical activity is a big part of my life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have friends or family who encourage me to take part in physical activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I used to be good at physical activity/sport	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel guilty if I have not exercised for a while	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm happy with how active I am	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

52. Below are some reasons why people don't take part in physical activity or limit the amount of physical activity they take part in. For each one please indicate how much it describes you personally using a scale from describes me very well to does not describe me at all.

	Describes me very well	Describes me fairly well	Describes me a little	Does not describe me at all
I am not motivated	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I do not have the time to do these sorts of activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am worried about injuring myself or making my health condition/s worse	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't know what type of activity is right for me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't like getting or looking sweaty	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
What I might look like in sports/gym clothing puts me off	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would feel out of place	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am concerned about the cost	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't have anyone to go with	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It's too late for me to get fit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have no way of getting to where the activities take place	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I do not know where to go to take part or where to go for help or information	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I worry about doing an activity and not being very good at it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



53. In the next year do you expect your quality of life to

- Get better
- Get worse
- Stay the same



The State of Caring Survey 2019

Support from Carers UK

Carers UK provides practical advice and support to carers in a number of ways. We would be really interested to know if and how you have accessed advice and support from us.

(And don't worry - the survey is almost complete!)

54. Have you accessed Carers UK/Carers Scotland/Carers Wales/Carers NI's advice, information and support in the last 12 months? Please tick all that apply.

- Yes, I have telephoned Carers UK's Helpline
- Yes, I have emailed Carers UK's advisers
- Yes, directly with the Carers Scotland or Carers Wales Office or through the Carers NI Advice line
- Yes, through the online forum
- Yes, I have been in touch with one of your volunteers
- Yes, through the pages or downloadable resources in the Help and Advice section on the websites
- Yes, through printed information booklets or factsheets
- Yes, through one of the Facebook pages
- Yes, through one of the Twitter feeds
- Yes by using Carers UK's mobile app, Jointly
- No
- Yes, other (please specify)

55. If yes, has the information, advice, and support service(s) you accessed helped you in any of the following ways? Please tick all that apply.

- Be more knowledgeable about the practical support available and how to access it
- Be more knowledgeable about benefits and/or other financial help available
- Be more knowledgeable about my rights as a carer
- Helped me take action to get more practical support
- Helped me take action to increase the financial help I/the person I care for receive e.g. through benefits
- Helped me take action to exercise my rights as a carer
- Helped me feel less anxious
- Helped me feel more able to manage caring
- My physical health has improved
- My mental and/or emotional health has improved
- My relationships are better
- Not sure yet
- It has not helped me
- In another way (please specify)

56. Are you a Carers UK member?

- Yes
- No
- Don't know



The State of Caring Survey 2019

Staying in touch

This survey is confidential and your details will never be passed onto a third party. We will publish the anonymised results of this survey. For more information, please see our [privacy policy](#).

If you would like to receive updates from this survey such as when the results are published or would like to become a Carers UK member, please make sure to leave your email address.

Carers UK membership keeps you updated on the latest information on caring and puts you in touch with other carers for support.

57. Please let us know if you would be happy for us to do any of the following

- Contact you again about this survey
- Contact you about our latest campaigns or research and how to get involved
- Contact you about sharing your experiences with us for our media or advice and information work
- Send you information about volunteering with Carers UK
- Send you information on Carers UK membership by email - it's free to join

58. Contact details

Even if you are a Carers UK member, please leave us your email address so we can provide you with updates for this survey.

Name:

Email Address:

Phone:



The State of Caring Survey 2019

About you

An important part of this research is finding out how caring affects different people in different ways. As a result, we would be very grateful if you could fill in as much of the following information below as possible. Any information you provide will only be used to assess the equality and diversity impacts of carers and won't be linked to any personal information about you. However if you would prefer not to provide this information you can skip certain questions.

59. How old are you?

- Under 18
- 18-24
- 25-29
- 30-34
- 35-39
- 40-44
- 45-49
- 50-54
- 55-59
- 60-64
- 65-69
- 70-74
- 75-79
- 80-84
- 85-89
- 90 and over

60. Do you have childcare responsibilities for a non-disabled child under 18?

- Yes
- No

61. How do you identify?

- Male
- Female
- Prefer not to say
- I prefer to self-identify (please specify)

62. Ethnicity

Please select an option

Ethnicity	<input type="text"/>
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63. Religion and Belief

- Buddhist
- Christian (including Church of England, Church of Scotland, Roman Catholic and all other Christian denominations)
- Hindu
- Jewish
- Muslim
- Sikh
- No religion, atheist or agnostic
- Prefer not to say
- Any other religion or belief (specify if you wish)

64. Your sexuality

Do you identify as:

- Heterosexual
- Gay man
- Lesbian / Gay woman
- Bisexual
- Prefer not to say
- Prefer to self-describe

65. The Equality Act 2010 defines a disabled person as someone who has a physical or mental impairment which has a substantial and long-term adverse effect on their ability to carry out normal day-to-day activities.

Do you consider yourself to have a disability?

- Yes
- No
- Other (please specify)

Thank you

Thank you for taking the time to complete this survey. Carers UK's work is led by carers, and your views and experiences form vital evidence in our fight to get a better deal for carers.

Our website contains useful information on caring written by experts from everything from benefits to breaks. You can access our online carer support forum to chat to other carers 24/7 and keep updated on the latest news affecting carers.

www.carersuk.org