Your social care and support services
You do not have to answer all the questions. These questions are all about your life.

Section 1

1. How happy are you with the way staff help you?

By ‘staff’ we mean people who are paid to help you. They may be:

- your care worker
- people who work at your care home or day centre
- people you pay with the money social services give you.
Please tick (✓) 1 box

I am very happy with the way staff help me, it’s really good

I am quite happy with the way staff help me

The way staff help me is OK

I do not think the way staff help me is that good

I think the way staff help me is really bad
Section 2

2a. Thinking about all the different things in your life, good and bad, how would you say you feel about your life in general?

Please tick (✓) 1 box

- My life is really great
- My life is mostly good
- My life is OK, some good things, some bad things
- My life is mostly bad
- My life is really terrible
2b. Do staff help you to have a better quality of life?

By ‘staff’ we mean people who are paid to help you. They may be:
- your care worker
- people who work at your care home or day centre
- people you pay with the money social services give you.

Please tick (✓) 1 box

Yes  

No  

3a. How much control do you have in your life?

By ‘control’ we mean making choices about what happens.

Please tick (✓) 1 box

I make all the choices I want

I make some choices, not all, but that is OK

I make some choices but not enough

I do not get to make any choices
3b. Do staff help you to have control in your life?

By ‘staff’ we mean people who are paid to help you. They may be:

- your care worker
- people who work at your care home or day centre
- people you pay with the money social services give you.

By ‘control’ we mean having a say about what happens in your life.

Please tick (✓) 1 box

Yes

No
4. When it comes to keeping clean, and how you look (for example your clothes or your hair) how do you feel?

Please tick (✓) 1 box

I feel clean and I like the way I look  

I quite like the way I feel and look, it’s OK  

I feel a bit clean and tidy, but not enough  

I do not feel at all clean or tidy
5. What do you get to eat and drink?

Please tick (✓) 1 box

- I get all the food and drink I like when I want it
- I get enough food and drink
- I do not get all the food and drink I want, but I do not think I will get ill because of it
- I do not get all the food and drink I need, and I think this might make me ill
6. What do you think about your home?

Please tick (✓) 1 box

- My home is as clean and nice as I want
- My home is quite clean and nice, it’s OK
- My home is not clean or nice enough
- My home is not at all clean or nice
7a. How safe do you feel?

By feeling safe we mean feeling safe both at home and outside. This could be things like:
   a. fear of abuse or being hurt,
   b. fear of having an accident.

Please tick (✓) 1 box

I feel very safe

I feel quite safe, but not as safe as I would like

I do not feel safe enough

I do not feel safe at all
7b. Do staff help you to feel safe?

By feeling safe we mean feeling safe both at home and outside. This could be things like:
  a. fear of abuse or being hurt,
  b. fear of having an accident.

Please tick (✓) 1 box

Yes

No
8. How do you feel about your social life?

By social life we mean the time you spend with friends and family.

Please tick (√) 1 box

I see my friends and family as much I want

I see my friends and family sometimes, it’s OK

I do see friends and family, but not enough

I feel lonely because I do not see my friends and family very much or at all
9. **How do you spend your time?**

When you are thinking about how you spend your time, please include:

a. anything you like doing
b. work, whether you get paid for it or not
c. looking after others.

**Please tick (✓) 1 box**

- I spend my time as I want, doing the things I like
  - [ ]
  - [ ]

- I can do quite a lot of the things I like, it’s OK
  - [ ]
  - [ ]

- I can do some of the things I like but not enough
  - [ ]
  - [ ]

- I do not do any things I like
  - [ ]
  - [ ]
10. How do you feel when you need help with things?

Please tick (✓) 1 box

- Having help makes me feel better about myself
- Having help does not change the way I feel about myself
- Having help sometimes makes me feel a bit bad about myself
- Having help makes me feel really bad about myself
11. How do you feel about the way other people treat you?

Please tick (✓) 1 box

The way I am helped and treated makes me feel better about myself

The way I am helped and treated does not change the way I feel about myself

The way I am helped and treated sometimes makes me feel a bit bad about myself

The way I am helped and treated makes me feel very bad about myself
Section 3

12. Do you find it difficult or easy to find out about things like the support you could get, and your money, things like that?

Please tick (√) 1 box

- It is very easy to find this out
- It is quite easy to find this out
- It is quite hard to find this out
- It is very hard to find this out
- I’ve never tried to find this out
Section 4

13. How is your health today?

Please tick (✓) 1 box

I am very healthy really

I am quite healthy

My health is OK

My health is not very good

My health is really very bad
14a. Do you have any pains in your body?

Please tick (✓) 1 box

I do not have any pain

I have some pain but not a lot

I have a lot of bad pain

It’s good

It’s OK

It’s Bad
14b. How do you feel in your mind or your feelings generally?

Please tick (✓) 1 box

- I am not worried or sad at all  
- I am sometimes a bit worried or sad
- I am a very worried or sad person

It’s good  
It’s OK  
It’s Bad
15. What kinds of things can you do by yourself?

Please tick (✓) 1 box for each question

I can do this easily by myself  I can do it by myself, but it is hard  No, I cannot do it by myself (I need help)

a. Can you usually get around the house (except steps) by yourself?

b. Can you usually get in and out of bed (or a chair) by yourself?
Please tick (✓) 1 box for each question

I can do this easily by myself

I can do it by myself, but it is hard

No, I cannot do it by myself (I need help)

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c. Can you usually feed yourself?

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d. Can you usually pay bills, write letters, that kind of thing, by yourself?
16. Can you do these things yourself?

Please tick (√) 1 box for each question

- Yes, I do this myself
- No, I need help with this
- No, somebody else does this for me

a. Do you usually manage to wash all over by yourself using a bath or shower?

[ ] [ ] [ ]
Please tick (✓) 1 box for each question

Yes, I do this myself

No, I need help with this

No, somebody else does this for me

b. Can you usually get dressed and undressed by yourself?

c. Can you usually use the toilet by yourself?
d. Can you usually wash your face and hands by yourself?

Please tick (✓) 1 box for each question

- Yes, I do this myself
- No, I need help with this
- No, somebody else does this for me

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17. How well does your home suit you?
By this we mean have you got enough space to move about and reach things.

Please tick (✓) 1 box

I can do everything I need to in my home

I can do most of what I need to in my home, it’s OK

I can do some of what I need to, but not enough

I cannot do most of what I need to at all
18. Can you go out in your local area?

Please tick (✓) 1 box

I can get to all the places that I want

Sometimes it is difficult to get to all the places that I want

I cannot get to all the places that I want

I do not leave my home
Section 6

19. Do any of your family, friends or neighbours often help you to do things?

Please tick (✓) as many boxes as you need to

Yes, and it is someone who lives in the same home as me

Yes, and it is someone who lives in a different home to me

No, they do not help me
20. Do you pay for any extra help or support from your own private money?

Please tick (✓) as many boxes as you need to

- Yes, I pay for some extra help from my own money
- Yes, my family pays for some extra help for me
- No
21. Did you have any help to complete this questionnaire?

Please tick (√) 1 box

No, I did not have help

Yes, I had help from a member of staff

Yes, I had help from someone who lives with me

Yes, I had help from someone who does not live with me
22. What type of help did you have?

Please tick (✓) as many boxes as you need to

- I did not have any help
- Someone else read the questions out to me
- Someone else explained the questions to me
- Someone else wrote down the answers for me
- I talked about the questions with someone else
- Someone else answered for me, without asking me the questions
This is the end of our questions.

Now please post this back to us in the envelope we sent you.
You do not need to put a stamp on it.

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