

Carer Experience Scale

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