

Appendix 4b: Questionnaire

The aim of the questionnaire was to create a simple way to collect data in order to measure the impact of the six-month pilot and can be included in our grant applications. The same questions will be used each time.

The questionnaire was offered to our four families at the beginning of the six months, then half way through and at the end.

Aims and objectives for offering respite to our families supported by the Debenham Project.

- To support the carer and their loved one in accepting care and support
- To enable the carer to have some time away from their loved one
- For the cared for to accept support from a carer other than a family member
- Facilitating and subsidising the opportunity for carers to have some time for themselves to “refresh”
- Encouraging carers (and their families) to invest in appropriate professional care to relieve the pressure “not just for a day” but as an ongoing package.
- Helping carers and their families understand and recognise the time when professional care may be needed to support and safeguard the family.
- Providing practical support in order to avoid a carer crisis/breakdown or, at least, helping to delay when this might happen.

Questionnaire

Question 1 - How would you scale your emotional wellbeing at the moment

1 Poor	2 Slightly poor	3 OK	4 Fairly good	5 Good
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Further comments

Question 2 - How easy is it to leave your loved one?

1

Very
difficult

2

Fairly
difficult

3

Unsure

4

Fairly
easy

5

Easy

Further comments

Question 3 - How well does your loved one accept care from others, other than a family member?

1

Never
tried

2. Tried
but was
difficult

3

Problematic

4

Fairly
easy

5

No
Problem

Further comments

Question 4 - How well do you accept help from others?

1

Never tried

2

Tried but
was
difficult

3

Unsure

4

Fairly easy

5

No
Problem

Further comments

Question 5 - Do you get opportunities to support your own wellbeing?

1
Never

2
Rarely

3
Sometimes

4
If I have
time

5
Easily

Further comments

Gathering data and measuring impact.

The data will illustrate the impact of the first six months of Respite Pilot for families

Desired Outcomes

- Carers have improved wellbeing
- Carers have additional time to relax and pursue hobbies
- Increased confidence for both Carers and loved ones to spend time apart from each other.
- Families accept care and support from professional carers for the first or increased time
- Families develop a trusting relationship with professional carers.