

Parent Carer Questionnaire



These questions are about you as a carer and any information that you give will only be used anonymously, to help improve services for parent carers. Please only answer them if you are a parent carer, or other relative, who cares for a child or young person with special educational needs or disabilities (SEND). If you would prefer not to answer some or all of the questions, please leave them blank.

Your details

Title: _____ **First name:** _____ **Surname:** _____

Address: _____

Postcode: _____

1. On average, how long do you spend each week looking after or helping your child(ren) (additional to 'normal parenting' role) as a result of their special educational needs or disabilities?

- 0-9 hours per week
- 10-19 hours per week
- 20-34 hours per week
- 35-49 hours per week
- 50-74 hours per week
- 75-99 hours per week
- 100+ hours per week

2. When did you last get a break from your caring role?

- In the last week
- In the last month
- In the last six months
- In the last year
- In the last two years
- In the last five years
- Over five years ago
- Never

3. Do other adults have a major share in the care of your child? Yes No

4. Do you usually get a good night's sleep? Yes No

5. Thinking about how much social contact you have with people you like, which of the following best describes your social situation?

- I have as much social contact as I want with people I like
- I have some social contact with people I like but not enough
- I have little or no social contact with people I like and I feel socially isolated

6. Do you feel that your caring role impacts on your physical health?

- My physical health has not been affected by my caring role
- I have experienced physical ill-health as a result of my caring role
- My physical health has improved as a result of my caring role

7. Do you feel that your mental health and wellbeing has been affected by your caring role?

- My mental health has not been affected as a result of my caring role
- I have experienced mental ill-health as a result of my caring role (e.g. depression or stress-related condition)
- My mental health has improved as a result of my caring role

8. Do you have a disability, learning difficulty or long-term health problem? Yes No

If yes, please describe

9. Do you receive Disability Living Allowance (DLA) or Personal Independence Payment (PIP) for yourself?

Yes No

10. Do you receive Employment Support Allowance (ESA) for yourself? Yes No

11. Does your family live solely on benefits? Yes No

12. Do you ever reduce the size of your meals or skip meals for the family because there isn't enough money for food?

Yes No

13. Have you ever experienced domestic abuse (threatening behaviour, violence or abuse from an adult who was an intimate partner or family member)?

Yes No

14. What is your gender?

- Female
- Male
- Other – please state

15. Is your gender identity the same as the gender you were assigned at birth?

Yes No

16. What is your age?

- 16-24
- 25-34
- 35-49
- 50-59
- 60+

17. How would you describe your ethnic origin?

White

- White British
- White Irish
- White Traveller of Irish Heritage
- White Gypsy Roma
- Any other White background

Asian or Asian British

- Indian
- Pakistani
- Bangladeshi
- Chinese
- Any other Asian background

Black or Black British

- African
- Caribbean
- Any other Black background

Mixed/Multiple ethnic groups

- White and Black Caribbean
- White and Black African
- White and Asian
- Any other Mixed/Multiple background
- Any other ethnic background
- I'd rather not say

18. What is the main language you speak at home?

19. Which of the following best describes your sexual orientation?

- Heterosexual
- Gay
- Lesbian

20. What is your religion or belief?

- No religion
- Buddhist
- Christian
- Hindu
- Muslim
- Jain
- Jewish
- Sikh
- Other
- I prefer not to say

Thank you for answering these questions.

If you would like to speak to someone at Amaze about any of your answers, please call our helpline on **01273 772289**.

Please return this form (no stamp needed) to: **AMAZE, FREEPOST SEA14216, BRIGHTON, BN1 3ZZ**