



Cabinet Office

The National Strategy for Disabled People

Survey for carers



easy
read

Introduction



The Government is writing a National Strategy for Disabled People.



This is a plan to improve the lives of disabled people.



Before we write the plan, we want to know what you think.



Please tell us what you think by answering the questions in this survey.



Your answers will help us to understand different people's experiences, so that we can make a plan that works well for everyone.

About you

Question 1: How old are you? *Please tick a box*



- 16 to 24
- 25 to 34
- 35 to 44
- 45 to 54
- 55 to 64
- 65 to 74
- 75 to 84
- 85 or over
- Prefer not to say



Question 2: Are you...

- Male
- Female
- Prefer not to say



Question 3: Has your gender changed since you were born? Gender means either of the 2 sexes - male or female.

- Yes
- No - please say what gender you are



Question 4: What is your ethnic group?

- White
- More than one ethnic group
- Asian
- Black
- Other ethnic group

Question 5: Are you...



- Heterosexual or straight - I am attracted to the opposite sex
- Gay or lesbian - I am attracted to the same sex as myself
- Bisexual - I am attracted to both men and women
- Other
- Prefer not to say

Question 6: What is your religion?



- No religion
- Christian
- Buddhist
- Hindu
- Jewish
- Muslim
- Sikh
- Any other religion - please say

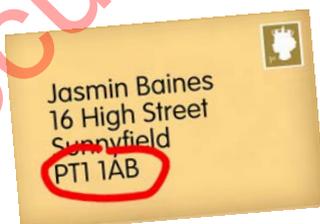
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Question 7: In which region of the UK do you live?



- North East England
- North West England
- Yorkshire and Humberside
- East Midlands
- West Midlands
- East of England
- London
- South East England
- South West England
- Wales
- Scotland
- Northern Ireland

or what are the first 4 letters and numbers of your postcode?



Question 8: Are you...



Single

Married

Separated

Divorced

Widowed

In a civil partnership

In a civil partnership but living apart

I was in a civil partnership, but it is now legally finished

I was in a civil partnership. My partner died

Living together

Prefer not to say



Question 9: What is your highest qualification? A **qualification** is something you get when you finish learning something.



- No qualifications
- GCSE
- A levels
- I am a student
- Degree
- Other qualification
- Prefer not to say



Question 10: Do you have any health conditions that will last for 12 months or more?

- Yes
- No - go to question 15
- Don't know - go to question 15
- Prefer not to say - go to question 15



Question 11: Did you have any health conditions when you were a child that lasted for 12 months or more?

- Yes
- No
- Don't know
- Prefer not to say

Question 12: Does your health condition stop you from doing some everyday things?



- Yes
- No
- Don't know
- Prefer not to say

Question 13: How long have you not been able to do all the everyday things you would like?



- Less than 6 months
- Between 6 months and 12 months
- 12 months or more

Question 14: Do any of these health conditions affect you?



Poor eyesight

Poor hearing



Difficulty moving around

Difficulty with lifting or carrying things, or using a keyboard



Difficulty with learning, understanding or concentrating



Problems with memory

A mental health condition

Problems with feeling tired

Problems with behaviour or getting on with other people



Other, please say

About being a carer



Quality of life

Quality of life is about feeling happy and healthy and able to take part in things.

Question 15: What 3 changes would you like to improve the quality of your life the most?



Your caring work and the support you get

Question 16: Who do you care for?



- A child or children under age 16
- A child or children over age 16
- Parents
- A member of my family
- A friend
- Other

Question 17: Do you have any children under age 19?



- Yes
- No
- Prefer not to say



Question 18: Do you get paid for any of the care you provide?

- Yes, all the care I provide is paid for
- Yes, some of the care I provide is paid for
- No, none of the care I provide is paid
- Don't know or I prefer not to say

Question 19a: How difficult or easy is it now, to care for the person? *Please tick the box that applies to you*



Very difficult



Quite difficult



Neither easy nor difficult



Quite easy



Very easy



I don't manage anyone's care

Question 19b: How difficult or easy was it, before COVID-19, to care for the person?



Very difficult



Quite difficult



Neither easy nor difficult



Quite easy



Very easy



I don't manage anyone's care

Question 20a: How do you find paying for the things you need to live now?



Very difficult



Quite difficult



Neither easy nor difficult



Quite easy



Very easy

Question 20b: How did you find paying for the things you needed to live before COVID-19?



Very difficult



Quite difficult



Neither easy nor difficult



Quite easy



Very easy



Question 21: What are the main reasons it is difficult to pay for the things you need to live?

- I don't have enough money coming in
- Things are costing more
- I have difficulty managing my money
- Because of the cost of having to care for someone
- Other

Question 22: What is it like applying for extra money from the Government or local council to help?



Very difficult



Quite difficult



Neither easy nor difficult



Quite easy



Very easy



I haven't applied for extra money

Now go to question 24



Question 23: Who helped you to apply for extra money? *Tick all that apply*

- Family
- Friends
- An advocate or organisation
- Other
- No help

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Your home

Question 24: Do you live with the person or people you are caring for, at least 2 days a week?

- Yes
- No



Question 25: Do you, or the people you live with, own or rent the home you live in?

- Own it
- Buying it with a mortgage or loan
- Part own and part rent - shared ownership
- Rent
- I don't have to pay rent
- Prefer not to say

Question 26: Is the place you live suitable to care for someone?



Not at all



Not very much



Sometimes



It's OK



It's very good

Question 27: How much effort is needed for the person you care for to get in and out of the place you live?



No effort



Not much effort



Some effort



A lot of effort



A very lot of effort

Question 28: Have you had any difficulty getting the person you care for into any of these rooms?



Kitchen

Bedroom

Living area

Bathroom

Other



Question 29: In the last 5 years, have you had to make any changes to your home to help the person you care for?

- None at all - go to question 32
- A little
- Yes, some
- Yes, a lot



Question 30: How did you pay for the changes?

- I got funding
- I paid for it myself
- My friends and family helped me to pay
- Other - please say



Question 31: Did the changes meet your needs, or are more needed?

- They met my needs
- More changes are needed
- The changes aren't needed any more

Getting out and doing things



Question 32: Do you have difficulty using public spaces like parks and squares with the person you care for?



Never



Not very often



Sometimes



Often



All the time



Question 33: Do you have difficulty getting into buildings with the person you care for that members of the public should be able to use?



Never



Not very often



Sometimes



Often



All the time

Now go to question 35

Now go to question 35



Question 34: If you have not been able to get into buildings, what kind of places were these? *Tick all that apply*

- Shops and shopping centres
- Medical places - like health centres and hospitals
- Pubs, bars, restaurants and cafés
- Theatres and cinemas
- Historic places
- Museums, galleries and libraries
- Place of work
- Schools
- Music venues and nightclubs
- Places of worship
- Employment agency
- Other



Question 35: Are there any things you would have liked to do with the person you care for, but couldn't because you couldn't access the place?



- None
- A chance to learn new things
- Getting a job
- Going on holiday
- Visiting friends
- Spending time with family
- Sport
- Voluntary work
- Going to museums and libraries
- A place of work
- Theatre, cinema or arts
- Concerts and dancing
- Worship
- Other

Question 36a: Does your caring work ever affect the way you plan your daily activities?



Never



Not very often



Sometimes



Often



All the time

Question 36b: Does your caring work ever affect the things you want to do yourself?



Never



Not very often



Sometimes



Often



All the time



Question 37: Are there any things that you would have liked to have done, but couldn't because of your caring work?



- None
- Go to college or university
- Get a job
- Go on holiday
- Visit friends
- Spend time with family
- Sport
- Voluntary work
- Going to museums and libraries
- Join in things at work
- Go to the theatre, cinema and the arts
- Concerts and dancing
- Worship
- Other

Question 38: Have you had any difficulty accessing any of these public services in the last month?

a) Health services



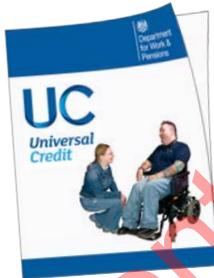
| | | | |
|-----------------------|-----------------------|-----------------------|----------------------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> |
| No difficulties | Some difficulties | A lot of difficulties | Not accessed |

b) Courts, Police and Justice services



| | | | |
|-----------------------|-----------------------|-----------------------|----------------------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> |
| No difficulties | Some difficulties | A lot of difficulties | Not accessed |

c) Benefits and pension services



| | | | |
|-----------------------|-----------------------|-----------------------|----------------------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> |
| No difficulties | Some difficulties | A lot of difficulties | Not accessed |

d) Culture, sports and leisure services



| | | | |
|-----------------------|-----------------------|-----------------------|----------------------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> |
| No difficulties | Some difficulties | A lot of difficulties | Not accessed |

e) Social services



| | | | |
|---|---|---|---|
|  |  |  |  |
| No difficulties | Some difficulties | A lot of difficulties | Not accessed |

f) Tax services



| | | | |
|--|--|--|--|
|  |  |  |  |
| No difficulties | Some difficulties | A lot of difficulties | Not accessed |

Meeting people



Question 39: How often are you in contact with people that you don't live with?

This could include family, friends, colleagues, paid carers, professionals, service workers or the general public.



- Less than 2 times a week
- 3 to 5 times a week
- 6 to 7 times a week
- 8 to 10 times a week
- More than 10 times a week
- Don't know



Question 40: How often was it positive and enjoyable to be in contact with these people?



Never



Not very often



Sometimes



Often



Always



Question 41: How many people have you been in contact with that don't live with you, but you are close to?

This could include family and friends.

- I haven't been in contact with anyone I'm close to this week - go to question 43
- I've been in contact with 1 person I'm close to this week
- I've been in contact with 2 to 4 people I'm close to this week
- I've been in contact with 5 or more people I'm close to this week
- Don't know



Question 42: How often was it positive and enjoyable to be in contact with these people?



Never



Not very often



Sometimes



Often



Always



Question 43: Do you agree or disagree that you have enough people close to you to get the support you need?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



Question 44: How much contact would you like to have with the people that are close to you in the future?



A lot less



A little less



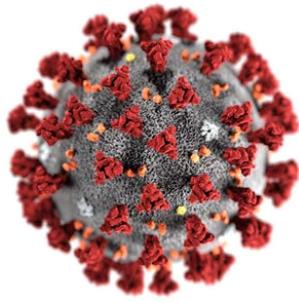
About the same



A little more



A lot more



Question 45: Have any of these made it harder to be in contact with the people you are close to?

- COVID-19
- Not having enough time
- Having to care for someone
- Not feeling well enough
- Difficulty with transport
- The people I am close to live too far away
- I have difficulty making friends
- There is not enough help
- It is difficult to use toilets and other facilities
- I don't like busy and crowded places





- I am worried about people seeing me
- I am worried that I would not be welcome
- I don't feel safe when I go out
- None of these



Question 46a: How often do you feel lonely?



Never



Hardly ever



Some of the time



Often



Question 46b: How often do you feel separated from other people?



Never



Hardly ever



Some of the time



Often

Jobs and work

Question 47: Do you have a job at the moment?



Yes, full time - go to question 49a



Yes, part time - go to question 49a

No. I am not looking for a job



No. I am looking for a job

No. I am interested in having a job, but I'm not looking at the moment



No, I'm at college or university

Prefer not to say

Question 48a: Do you agree or disagree that you would like more support to find a job?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree

Question 48b: Do you agree or disagree that you would like more support to keep a job?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree

Question 48c: Do you agree or disagree that the way other people think about you is stopping you from working?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree

Question 49a: Do you agree or disagree that your boss is helpful to you as a carer?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



I don't know

Question 49b: Do you agree or disagree that you have the same chance of promotion as other people?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



I don't know

Question 49c: Do you agree or disagree that your boss makes reasonable changes to make things fair for carers?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



I don't know

Discrimination and abuse



Discrimination is when you are treated differently because you are disabled.



Abuse is being bullied, hurt or made to feel scared. It is also when people say nasty things to you or make you do things you don't want.



Question 50a: In the past year, have you seen any of these things happen towards a disabled person or the person supporting them? *Tick all that apply*



People being unkind and rude

People ignoring them

People trying to stop them doing things

People being violent

People getting too close to them, when they don't want it





People really helping

None of these

Question 50b: Have you ever seen any of these things happen towards a disabled person or the person supporting them?



People being unkind and rude

People ignoring them



People trying to stop them doing things

People being violent



People getting too close to them, when they don't want it



People really helping

None of these

Question 51a: Do you agree or disagree that you would speak up if you saw a friend or family member treating a disabled person unfairly?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



I don't know

Question 51b: Do you agree or disagree that you would feel confident to speak up if you saw unfair behaviour towards a disabled person in a public place?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



I don't know

Question 51c: Do you agree or disagree that you would feel confident to speak up if you saw unfair behaviour towards a disabled person at work?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



I don't know

Question 51d: Do you agree or disagree that you would feel confident to report unfair behaviour towards a disabled person to the police or local council?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



I don't know

Question 51e: Do you agree or disagree that you would feel confident to report unfair behaviour towards a disabled person to your manager at work?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



I don't know



Question 52a: Have worries about what other people think stopped you taking the person you care for outside?



Never



Hardly ever



Some of the time



Often



Question 52b: Do you ever feel unsafe in your neighbourhood with the person you care for?



Never



Hardly ever



Some of the time



Often



Question 52c: Do you worry about being abused in public places when you are with the person you care for?



Never



Hardly ever



Some of the time



Often



Question 52d: Do you worry about being attacked by strangers when you are with the person you care for?



Never



Hardly ever



Some of the time



Often



Question 52e: Has anyone ever treated you badly because you were caring for someone?



Never



Hardly ever



Some of the time



Often



Question 52f: Has anyone ever been very negative towards you because you were caring for someone?



Never



Hardly ever



Some of the time



Often

Question 52g: Have you ever been bullied online because you care for someone?



Never



Hardly ever



Some of the time



Often

Question 52h: Has anyone ever been violent towards you because you care for someone?



Never



Hardly ever



Some of the time



Often

Question 52i: Do you ever feel unsafe where you live?



Never



Hardly ever



Some of the time



Often

Now go to question
54

Now go to question
54

Question 53: Why do you feel unsafe in your home?



- There isn't good access in the home
- It is difficult to get help quickly
- I'm worried about people breaking in
- I'm worried about abuse
- Other - please say

Question 54: Have you reported any bullying, abuse or violence because you are caring for someone?



- Yes
- No - go to question 56a
- I have not experienced anything like this
- Prefer not to say



Question 55: How satisfied are you with what happened after you reported it?



Very
dissatisfied



Dissatisfied



Neither
satisfied
nor
dissatisfied



Satisfied



Very
satisfied

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Your opinions



Question 56a: Do you agree or disagree that other people don't care if disabled people have to wait longer?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree

Question 56b: Do you agree or disagree that you can achieve what you want for your future?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree

Question 56c: Do you agree or disagree that you have to accept you can't do everything you want because you have to care for someone?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree

Happy with your life?

Next, we have 4 questions on how you feel about your own life. There are no right or wrong answers. We'd like you to say how you feel about each question by giving each question a mark out of 10, where '0' is not at all and '10' is completely.

Question 57a: Overall, how satisfied are you with life at the moment?

1 2 3 4 5 6 7 8 9 10

Question 57b: Overall, how satisfied were you with life this time last year?

1 2 3 4 5 6 7 8 9 10

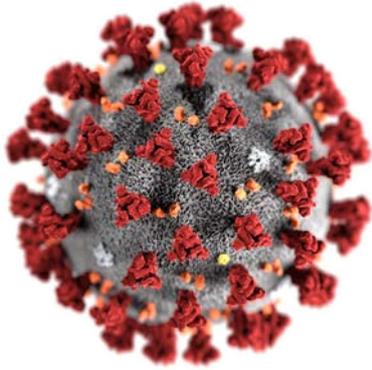
Question 57c: Overall, do you feel the things in your life are worthwhile at the moment?

1 2 3 4 5 6 7 8 9 10

Question 57d: This time last year, did you think the things in your life were worthwhile?

1 2 3 4 5 6 7 8 9 10

Thinking about COVID-19



Question 58: Have any of your answers so far been affected by COVID-19?

- Yes
- No - go to question 60
- Don't know - go to question 60

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Question 59: In which areas have your answers been affected by COVID-19?



- Your home
- Getting out and doing things
- Meeting people
- Support
- Jobs and work
- Discrimination and abuse
- Your opinions
- Being happy with my life
- Other, please say

Question 60: Please tell us how things are different for you now than they were before COVID-19?



A large, empty rectangular box intended for the user to provide their answer to the question.

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Disability in the UK

Question 61a: Do you agree or disagree that people understand the words 'disabled person'?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



I don't know

Question 61b: Do you agree or disagree that disabled people are able to live full independent lives?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



I don't know

Question 61c: Do you agree or disagree that the way non-disabled people think about disabled people is helpful?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



I don't know

Question 61d: Do you agree or disagree that disabled people have enough money for their needs?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



I don't know

Question 61e: Do you agree or disagree that the Government gives a good amount of support to disabled people?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



I don't know

Question 61f: Do you agree or disagree that disabled people are given the chance to learn things that they need?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



I don't know

Question 61g: Do you agree or disagree that disabled people are treated the same as non-disabled people at work?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



I don't know

Question 61h: Do you agree or disagree that disabled people are given the chance to get a job that they need?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



I don't know

Question 61i: Do you agree or disagree that bosses should be flexible in the way they make workplaces good for disabled people?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



I don't know

Question 61j: Do you agree or disagree that bosses are already flexible in the way they make workplaces good for disabled people?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



I don't know

Question 61k: Do you agree or disagree that bosses are flexible for carers?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



I don't know

Question 61l: Do you agree or disagree that disabled people are given support to do well at work?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



I don't know

Question 61m: Do you agree or disagree that disabled people should get the same chance to get a better job as other people?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



I don't know

Question 61n: Do you agree or disagree that disabled people are valued at work?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



I don't know

Question 61o: Do you agree or disagree that disabled people are treated fairly?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



I don't know

Question 61p: Do you agree or disagree that disabled people are treated better than non-disabled people?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



I don't know

Question 61q: Do you agree or disagree that you would be happy to have a physical relationship with a disabled person?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



I don't know

Question 61r: Do you agree or disagree that you would like to see more disabled people standing at elections?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



I don't know

Question 61s: Do you agree or disagree that you would like to see more disabled people doing more in your local community?



Strongly disagree



Disagree



Neither agree nor disagree



Agree



Strongly agree



I don't know

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Finally

If you feel we have missed any issues please tell us here?



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Can you suggest any ways we could make things better for disabled people?



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How to answer



You can answer the questions online or you can return this survey by post to:



Disability Unit Cabinet Office
10 Victoria Street
Westminster
SW1H 0NB

Document withdrawn (14 July 2021)

Support services



If you have been affected by any of the questions in this survey, these services can give you help and support:

Mental Health Support

Samaritans

They provide confidential support if you are finding it difficult to deal with your feelings.



Helpline: **08457 90 90 90** (24 hours a day, seven days a week)

Website: **www.samaritans.org**

Mind

They offer advice and support with things like mental health problems, the law and where you can get help close to where you live.



Helpline: **0300 123 3393** (weekdays 9am - 6pm)

Website: **www.mind.org.uk**

Hate Crime and Bullying Support



Victim Support

They offer help if you have been a victim of a crime or someone has hurt you, even if you have not told the police.

Helpline: **0808 16 89 111** (lines open 24 hours)

Website: **www.victimsupport.org.uk**

National Bullying Helpline

They provide information and support on all types of bullying.

Helpline: **0845 22 55 787** (this is not a free call, lines open: Monday – Friday 9am – 5pm)

Website:

www.nationalbullyinghelpline.co.uk



Loneliness Support



**British
RedCross**

British Red Cross

They provide information and support to cope with loneliness.

Helpline: If you're feeling lonely and want to speak to someone between 10am and 6pm every day, you can call the coronavirus support line on:

0808 196 3651

Website: **www.redcross.org.uk**

Easy Read by **easy-read-online.co.uk**

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