

Growing Older, Planning Ahead - Tees Valley Healthwatch - Cared for person

1. Growing Older, Planning Ahead - Tees Valley Healthwatch - Cared for person Intro

Healthwatch is the independent champion for people who use health and care services.

We find out what people like about services, and what could be improved.

Your views and experiences are important.

They will help people who make decisions understand what needs to happen for you to be supported to live well in your community.

We want to know:

About your needs

What would help to make life easier as you get older?

About your experience of how you keep healthy, stay safe and happy

We will always make sure your information is kept safe.

If you would like to know more about the rules we follow to keep your information safe, please tell us and we will make sure you get a document to read at home. It will also tell you about how we store your information.

Thank you. We appreciate your time and value your information.

1. Is it ok if we share the information you tell us, if we don't tell anyone who you are?

Yes

No

2. Growing Older, Planning Ahead - Tees Valley Healthwatch - Cared for person Survey

2. How old are you?

- 17 or younger
- 18-20
- 21-29
- 30-39
- 40-49
- 50-59
- 60 or older
- I don't want to say

3. Where do you live?

- Darlington
- Hartlepool
- Middlesbrough
- Redcar and Cleveland
- Stockton-on-Tees

4. Who do you live with now?

Please tick as many people as you want

- Mother
- Father
- Brother
- Sister
- Grandma
- Grandad
- Other family member
- Family friend
- Carer
- On my own
- Other (please tell us who):

**5. List each thing you like about living there.
Please put each thing you like in it's own box.**

1

2

3

4

5

**6. What do you need help with now?
Please tick as many as you need.**

- Getting washed
- Getting dressed
- Making food and drinks
- Going to the toilet
- Washing clothes
- Jobs in the house. e.g. Tidying up or cleaning
- Shopping
- Making phonecalls
- Going to appointments
- Going to activities
- Going to work
- Seeing friends
- Helping you with your money
- Reading and writing
- Physical activity
- Keeping fit
- Anything else (please tell us what):

7. Tell us up to 3 things that make you happy.

1

2

3

8. Would you like your own place to live?

- Yes
- No

Unsure

Why have you given this answer?:

9. If you had your own place to live, would you like someone to live there with you?

Yes

No

Unsure

If yes, who would that be?:

10. Would you like to live somewhere close to where you live now?

Yes

No

Tell us where you would like to live:

11. Has anyone talked with you about where you might like to live in the future?

Yes

No

**12. If you moved to your own place in the future, what would you find helpful?
Choose as many as you think you would need.**

I want to be involved in choosing where I live

Help to pack and move

Help to buy the things I need for my new place

Show me how to use things in my new place

Help me get to know my surroundings and my new neighbours

Someone I can contact who supports me with what I need

Have regular visitors

Take part in activities

Make new friends

Is there anything else you would find helpful?:

13. Have you been offered a Health Check?

- Yes
- No
- Unsure

14. Did you go for your Health Check?

- Yes
- No
- Unsure

If you didn't go, why not?:

15. Do you have a Health Action Plan?

- Yes
- No
- Unsure

**16. List 3 things your Health Action Plan helps you to do.
Please write each one in it's own box.**

1

2

3

17. Do you want to tell us anything else?

3. Growing Older, Planning Ahead - Tees Valley Healthwatch - Cared for person Demographics

18. Please tick which one of these best describes you?

- Single, never married
- Married or domestic partnership
- Divorced
- Separated
- Widowed
- I don't want to say
- I don't know

19. Could you tell us if you have any physical or mental health conditions? (Please tick as many as you like)

Long term standing illness or health condition

- Such as: cancer, HIV, diabetes, chronic heart disease / circulatory conditions, high blood pressure, respiratory conditions (asthma), epilepsy, digestive conditions (e.g. irritable bowel syndrome (IBS) and Crohn's disease)

Physical impairment or mobility issue

- Such as: difficulty using your arms or using a wheelchair or crutches

Sensory loss

- Such as: sight and/or hearing loss

Mental health conditions or illnesses

- Such as: anxiety, depression, and eating disorders

Developmental conditions

- Such as: Autism Spectrum Disorder (ASD), which includes Asperger syndrome, and Attention Deficit Hyperactivity Disorder (ADHD), Learning impairments e.g. dyslexia and processing issues

Genetic conditions

- Such as: Down syndrome and cystic fibrosis

Prefer not to say

None

- Other (please specify):

20. Please tell us which one of these best describes you?

White

- British
- Irish
- Other

Asian or Asian British

- Indian
- Pakistani
- Bangladeshi
- Any other Asian background

Mixed

- White and Black Caribbean
- White and black African
- White and Asian
- Any other mixed background

Black or Black British

- Caribbean
- African
- Any other black background

Other Ethnic Group

- Chinese
- I don't want to say
- I don't know
- Other (please specify):

21. How would you describe your gender?

- Male
- Female
- Prefer not to say
- Prefer to self describe?:

22. What is your religion?

- No religion
- Christianity
- Buddhist
- Hindu
- Jewish
- Muslim
- Sikh
- Other
- I don't want to say
- I don't know

4. Thank you

Thank you for taking the time to answer this survey.

We will always make sure that your information is protected and treated securely. We will follow any rules that tell us how we can use the information you have told us. The rules we have to follow are found in these places:

- Data Protection Act 1998
- As of 25 May 2018, the new data protection legislation introduced under the General Data Protection Regulation (GDPR) and Data Protection Bill.

We also make our Information Asset Register available for people to read to give further clarity about how data relating to them is managed and kept secure. This includes our retention schedule and clear details about the lawful basis for storing and keeping personally identifiable information.

If you would like to know more about these rules, please tell us and we will make sure you get a document to read at home. It will also tell you about storing your information, so that it is always safe.