

four-level self-completion questionnaire (SCT4) for carers

1. Which of the following statements best describes how you spend your time?

When you are thinking about how you spend your time, please include anything you value or enjoy, including leisure activities, formal employment, voluntary or unpaid work, and caring for others.

Please tick (✓) one box

- | | |
|---|--------------------------|
| I'm able to spend my time as I want, doing things I value or enjoy | ☐ |
| I'm able to do enough of the things I value or enjoy with my time | ☐ |
| I do some of the things I value or enjoy with my time, but not enough | ☐ |
| I don't do anything I value or enjoy with my time | ☐ |

2. Which of the following statements best describes how much control you have over your daily life?

Please tick (✓) one box

- | | |
|--|--------------------------|
| I have as much control over my daily life as I want | ☐ |
| I have adequate control over my daily life | ☐ |
| I have some control over my daily life, but not enough | ☐ |
| I have no control over my daily life | ☐ |

3. Thinking about how well you look after yourself – such as, getting enough sleep or eating well – which statement best describes your present situation?

Please tick (✓) one box

- | | |
|---|--------------------------|
| I look after myself as well as I want | ☐ |
| I look after myself well enough | ☐ |
| Sometimes I can't look after myself well enough | ☐ |
| I feel I am neglecting myself | ☐ |

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4. Which of the following statements best describes how safe you feel?

By 'feeling safe' we mean feeling safe from fear of abuse, being attacked or other physical harm, such as accidents, which are a result of your caring role.

Please tick (✓) one box

I feel as safe as I want	☐
Generally I feel adequately safe, but not as safe as I would like	☐
I feel less than adequately safe	☐
I don't feel at all safe	☐

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

Please tick (✓) one box

I have as much social contact as I want with people I like	☐
I have adequate social contact with people	☐
I have some social contact with people, but not enough	☐
I have little social contact with people and feel socially isolated	☐

6. Thinking about the space and time you have to be yourself in your daily life, which of the following statements best describes your present situation?

Please tick (✓) one box

I have all the space and time I need to be myself	☐
I have adequate space and time to be myself	☐
I have some of the space and time I need to be myself, but not enough	☐
I don't have any space or time to be myself	☐

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7. Thinking about feeling supported and encouraged in your caring role, which of the following statements best describes your present situation?

*This question is asking about **feeling** supported and encouraged, rather than how you are supported and encouraged by particular people or organisations.*

Please tick (✓) one box

- | | |
|--|--------------------------|
| I feel I have the encouragement and support I want | ☐ |
| I feel I have adequate encouragement and support | ☐ |
| I feel I have some encouragement and support, but not enough | ☐ |
| I feel I have no encouragement and support | ☐ |

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