

ASCOT Easy Read for Older People (ASCOT-ER OP)

This question is about control over your daily life.

This means having choices and making everyday decisions.

How much control do you have over your daily life?

Please tick only 1 box ☒

- ☐ I have as much control as I want.
- ☐ I have adequate control.
- ☐ I have some control, but not enough.
- ☐ I have no control.

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This question is about being clean and comfortable.

It includes being clean, having clean clothes and feeling comfortable in what you are wearing.

How clean and comfortable do you feel?

Please tick only 1 box ☒

- ☐ I feel very clean and comfortable.
- ☐ I feel clean and comfortable enough.
- ☐ I feel less clean and comfortable than I would like.
- ☐ I do not feel clean and comfortable at all.

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This question is about what you eat and drink.

Think about if:

You can have the food and drinks you like.

You have enough food and drinks to keep you healthy.

You can eat and drink as often as you need to.

What do you think about what you eat and drink?

Please tick only 1 box ☒

- ☐ I get all the food and drink I like when I want.
- ☐ I get enough of the food and drink I like when I want.
- ☐ I get some of the food and drink I like when I want, but not often enough. Sometimes I'm hungry or thirsty.
- ☐ I do not get any of the food and drink I like. I am often hungry or thirsty.

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This question is about how clean and comfortable your home is.

Having a clean home means that the kitchen, bathroom, bedrooms and all other rooms are clean and tidy.

Having a comfortable home means that you like how your home looks and feels.

How clean and comfortable is your home?

Please tick only 1 box ☒

- ☐ My home is as clean and comfortable as I want.
- ☐ My home is adequately clean and comfortable.
- ☐ My home is not clean and comfortable enough.
- ☐ My home is not at all clean and comfortable.

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This question is about your social life.

Social life means spending time with people you like.

This could be friends, family or people in your community.

How do you feel about your social life?

Please tick only 1 box ☒

- ☐ I see the people I like as much as I want.
- ☐ I see enough of the people I like.
- ☐ I don't see enough of the people I like.
- ☐ I don't see enough of the people I like, and I feel lonely.

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This question is about how safe you feel in your home.

Feeling safe means that you are not worried about:

Falling or getting hurt.

Being attacked or robbed.

Being bullied, abused or intimidated.

How safe do you feel in your home?

Please tick only 1 box ☒

☐

I feel very safe in my home.

☐

I feel quite safe in my home.

☐

I do not feel safe enough in my home.

☐

I do not feel safe at all in my home.

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This question is about feeling safe when you go out. Think about the places you usually go, and who you go with.

Feeling safe means that you are not worried about:

Falling or getting hurt.

Being attacked or robbed.

Being bullied, abused or intimidated.

How safe do you feel when you go out?

Please tick only 1 box ☒

☐

I feel very safe when I go out.

☐

I feel quite safe when I go out.

☐

I do not feel safe enough when I go out.

☐

I do not feel safe at all when I go out.

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This question is about how you spend your time.

Think about all the things you do during the day.

This could be helping others, doing housework, or leisure activities like hobbies, watching TV and reading.

Think about if:

You can choose the things you do.

You enjoy the things you do.

You have enough things to do.

How do you feel about the way you spend your time?

Please tick only 1 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.
- ☐ I do some of the things I value or enjoy, but not enough.
- ☐ I don't do anything I value or enjoy.

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This question is about dignity.

Dignity means being treated nicely, kindly, and with respect.

How do you feel about the way your paid support treat you?

By paid support, we mean any person, groups, activities or service that is paid to support you. This includes homecare, befrienders or visitors, social activities or support groups, or help from organisations, like Age UK.

Please tick only 1 box

☒☐

I am very happy with the way my paid support treat me.

☐

I am quite happy with the way my paid support treat me.

☐

I am a bit unhappy with the way my paid support treat me.

☐

I am very unhappy with the way my paid support treat me.

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