

four-level self-completion questionnaire (SCT4)

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

By 'control over daily life' we mean having the choice to do things or have things done for you as you like and when you want.

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	☐

2. Thinking about keeping clean and presentable in appearance, which of the following statements best describes your situation?

Please tick (✓) one box

I feel clean and am able to present myself the way I like	☐
I feel adequately clean and presentable	☐
I feel less than adequately clean or presentable	☐
I don't feel at all clean or presentable	☐

3. Thinking about the food and drink you get, which of the following statements best describes your situation?

Please tick (✓) one box

I get all the food and drink I like when I want	☐
I get adequate food and drink at OK times	☐
I don't always get adequate or timely food and drink	☐
I don't always get adequate or timely food and drink, and I think there is a risk to my health	☐

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

By 'feeling safe' we mean how safe you feel both inside and outside the home. This includes fear of abuse, falling or other physical harm.

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. 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	☐

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7. Which of the following statements best describes how clean and comfortable your home is?

Please tick (✓) one box

My home is as clean and comfortable as I want	☐
My home is adequately clean and comfortable	☐
My home is not quite clean or comfortable enough	☐
My home is not at all clean or comfortable	☐

8. Which of these statements best describes how having help to do things makes you think and feel about yourself?

Please tick (✓) one box

Having help makes me think and feel better about myself	☐
Having help does not affect the way I think or feel about myself	☐
Having help sometimes undermines the way I think and feel about myself	☐
Having help completely undermines the way I think and feel about myself	☐

9. Which of these statements best describes how the way you are helped and treated makes you think and feel about yourself?

Please tick (✓) one box

The way I'm helped and treated makes me think and feel better about myself	☐
The way I'm helped and treated does not affect the way I think or feel about myself	☐
The way I'm helped and treated sometimes undermines the way I think and feel about myself	☐
The way I'm helped and treated completely undermines the way I think and feel about myself	☐

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