



## Angus Carers Voice Network

### **Capturing the COVID- 19 experience of Unpaid Carers in Angus.**

#### **Introduction**

In these unprecedented times COVID-19 has changed all of our day to day living. Angus Carers Voice Network (ACVN), supported by Angus Carers Centre wants to capture the changes it may have meant for you as an unpaid carer.

Some of you may remember the “Carers Diary Project” completed way back in 2017. The ACVN were planning to complete this again in spring 2020 to compare the earlier findings and discover if there had been any major changes since the first project.

Then COVID-19 and Lockdown happened. This required a rethink of our plans. ACVN have suspended their plans for a full Diary Project until later in 2020.

It is really important that the Angus Carers Strategy Partnership Group (ACSPG), know how COVID-19 has affected the services and support you and those you care for have received over this period. We want to capture what has worked well for you to ensure this stays in place and what hasn't worked for you we can work with you to improve your situation.

#### **Who should take part in this enquiry?**

Anyone who is an unpaid carers in Angus is encouraged to add their story to our enquiry. We want to hear from carers who are registered with Angus Carers Centre and those who have no contact with the organisation. We want to hear from those who have contact with health & social care services and those who do not. If you look after another person who could not cope on their own without your help then we want to hear from you.

#### **What will happen with my information?**

The information you provide will be used to put together a report which captures the experiences of unpaid carers in Angus during COVID-19. It is important that Angus Carers Centre & Angus Carers Voice compile a report to share your experiences with Angus Health & Social Care Partnership who fund Carers Support in Angus and the Carers Policy Unit at the Scottish Government. Your responses will inform the first review of the Angus Carers Strategy 2019 – 2022. The Improvement Plan attached to the Strategy may need to change as a result of what has happened during 2020 so far. We need you to tell us about your day to day experiences to inform this work.

#### **Data Protection Declaration**

No information you provide will in any way identify you. It will be securely retained by the Angus Carers Centre under legal obligation, for such time as required to compile our report then subsequently destroyed. Your details will not be used for any other purpose or passed on to any other parties.

<b>About You</b>															
No information which identifies you will be included in "The COVID-19 experience of Unpaid Carers in Angus" Report.															
Gender: ✓			Male <input type="checkbox"/>			Your Postcode			Female <input type="checkbox"/>						
What is your relationships with the person/people you care for e.g son, daughter, mum, dad, friend, sister, brother etc.															
Approx how many hours a week did you care for the person/people you look after <b>before the COVID 19 Lockdown</b>								Approx how many hours a week are you caring for the person/people you look after <b>during COVID 19 Lockdown</b>							
Please ✓ your age															
18-24		25-34		35-44		45-54		55-64		65-74		75 -84		85&	
Please ✓ the age of adult/child you care for															
0-4	5-7	8-12	13-17	18-24	25-34	35-44	45-54	55-64	65-74	75-84	85 +				

**Please ✓ all that apply to you:**

- Meal planning & prompting
- Showering/dressing/help with toileting
- Ensuring environment is safe
- Making appointments
- Admin/Completing forms and paperwork
- Taking a person to the GP/other healthcare worker
- Attending meetings about the cared for person's care
- Attending meetings with cared for person
- Repetitive listening
- Providing/accompanying to social activities
- Laundry/housework
- Help to get around/manual handling
- Dealing with professionals
- Assisting paid care worker
- Administering medication
- Paying bills
- Dealing with repetitive demands /instructions
- Dealing with mood swings.

Please tell us about any other activities/tasks you do for person we care for that is not mentioned above.

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**Please describe the person or people you care for.**

What is your relationships with them?  
e.g son, daughter, mum, dad, friend, sister, brother etc.

Describe a bit more about who they are their age, their interests and what makes them happy, also about their long term health and /or disabilities and anything else you think would help us understand more about them.

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**Emotional Support**

We know how difficult it can be to describe the impact that caring for someone's emotional needs can have on you. If you can, please tell us about this.

**Your Support**

We would like to find out if the support you had before the Lockdown has changed?

Please describe:

- Any reduction in support
- Any extra support or different support you received, (i.e. community groups or other charities)

***Please can you complete the "diary" on the next page.***

*We've asked you to do this to give you the chance to describe what a day in your life as unpaid carer is like. In our 2017 Diary Project we found that this was one of the most powerful elements of the project as it gave the people who plan and deliver services in Angus an insight into what your life is like.*

If you would like a copy of **“The COVID- 19 experience of Unpaid Carers in Angus”** sent to you please email your details to [jill@anguscarers.org.uk](mailto:jill@anguscarers.org.uk).

**Angus Carers' Diary**  
**The Impact of COVID-19 on Unpaid Carers in Angus**  
 (Please expand the page as required)

<b>Midnight – 6.00am</b>		<b>12 noon</b>	
		<b>1pm</b>	
		<b>2pm</b>	
		<b>3pm</b>	
		<b>4pm</b>	
		<b>5pm</b>	
		<b>6pm</b>	
<b>7am</b>		<b>7pm</b>	
<b>8am</b>		<b>8pm</b>	
<b>9am</b>		<b>9pm</b>	
<b>10am</b>		<b>10pm</b>	
<b>11am</b>		<b>11pm</b>	
<b>How are feeling just now?</b>	<b>1</b>	<b>2</b>	<b>3</b>
	Relaxed and enjoyable		
			<b>5</b>
			Very stressful
Please return your completed diary and with the header: <b>COPVID 19 Diary Project</b> <a href="mailto:Listening@anguscarers.org.uk">Listening@anguscarers.org.uk</a> Friday 4 <sup>th</sup> July 2020			