

The Adult Carer Quality of Life Questionnaire (AC-QoL)

How to fill in the questionnaire

This questionnaire asks you about different aspects of your life as a carer. Please think about your experience as a carer within the last two weeks and please tick the box that applies next to each statement. There are no right or wrong answers; we are just interested in what life is like for you as a carer. The questionnaire shouldn't take more than 10 minutes.

Please answer all questions as honestly as you can.

	Never	Some of the time	A lot of the time	Always
Support for Caring				
1. I have a good level of emotional support	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. My needs as a carer are considered by professionals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I am happy with the professional support that is provided to me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I feel able to get the help and information I need	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I have all the practical support I need	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Never	Some of the time	A lot of the time	Always
Caring Choice				
6. I feel that my life is on hold because of caring	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. My social life has suffered because of caring	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I feel I have less choice about my future due to caring	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I feel I have no control over my own life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Caring stops me doing what I want to do	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Caring Stress				
11. I feel depressed due to caring	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I feel worn out as a result of caring	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. I am mentally exhausted by caring	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I am physically exhausted by caring	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. I feel stressed as a result of caring	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Money Matters				
16. I worry about going into debt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. I feel satisfied with my financial situation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. I am able to save for a rainy day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. I worry about money	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. There is enough money in our house to pay for the things we need	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Personal Growth				
21. I have become a more tolerant person through my caring role	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. Because of caring, I have learnt a lot about myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. Because of caring, I feel that I have grown as a person	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24. I have experienced many positive things through caring	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25. I feel that I have become a better person by caring	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Sense of Value				
26. I feel valued by the person I am looking after	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27. The person I look after respects me for what I do	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28. The person I look after makes me feel good about myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29. I get a lot from the person I am looking after	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30. I have a good relationship with the person I am caring for	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Never	Some of the time	A lot of the time	Always
Ability to Care				
31. I am satisfied with my performance as a carer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
32. I can take care of the needs of the person I am caring for	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
33. I feel I am able to make the life of the person I am looking after better	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
34. I can manage most situations with the person I care for	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
35. I am able to deal with a difficult situation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Never	Some of the time	A lot of the time	Always
Carer Satisfaction				
36. Caring is important to me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
37. I resent having to be a carer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
38. I feel frustrated with the person I am caring for	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
39. I enjoy being a carer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
40. I am satisfied with my life as a carer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Demographic Questions

A **Please give your age**

B **Please indicate your gender** (please tick) ☐ Male ☐ Female

C **Please indicate your ethnicity** (please tick one box)

☐ White - British

☐ White - Irish

☐ White - any other

☐ Mixed - White and Black Caribbean

☐ Mixed - White and Black African

☐ Mixed - White and Asian

☐ Mixed - Any other mixed background

☐ Asian/Asian British - Indian

☐ Asian/Asian British - Pakistani

☐ Asian/Asian British - Bangladeshi

☐ Asian/Asian British - Any other Asian

☐ Black/Black British - Caribbean

☐ Black/Black British - African

☐ Black/Black British - Any other

☐ Chinese

☐ Any other ethnic background

D **How many hours do you spend caring per week?** (please tick)

☐ 0-10 hours

☐ 11-20 hours

☐ 21-30 hours

☐ 31-40 hours

☐ 41-50 hours

☐ 51-60 hours

☐ 61-70 hours

☐ Greater than 71-hours

E **How long have you been a carer for?**

..... years