



# Are you Healthy, Safe and Independent?

A new law called the Care Act 2014 tells local Councils that they must think about how people can be more in control of their own lives, by feeling happy, healthy, safe and fulfilled.

Now there is less money, there is a need for more people to be cared for and supported by family, friends and their local communities. If more people were supported in this way, this will leave health and social services to offer the right support at the right time, to those that need it most.

To help us to plan we need to understand from you what will help you to be healthy and feel good, safe and in control of your own life. This is because we know that people who feel positive about these things are less likely to need health and social services now or in the future.

This consultation is very important, whether you or your family currently use health and social services or not; we would like as many people as possible to complete our consultation. Thank you for your time.

## **Being healthy and feeling good**

### **1. Please tell us how healthy and good you feel in general? (Please select only one box)**

- |   |   |
|---|---|
| <input type="checkbox"/> Very healthy and feel good     | <input type="checkbox"/> Very unhealthy and not feeling very good |
| <input type="checkbox"/> Healthy and feel good          | <input type="checkbox"/> Prefer not to say                        |
| <input type="checkbox"/> Unhealthy and not feeling good |   |

### **2. Who and what helps you to be healthy and feel good?**

### **3. Is there anything that makes it difficult for you to be healthy and feel good?**

4. Please tell us any ideas on how your friends, family or neighbours may be able to support you to overcome any difficulties you have identified?

5. Please tell us any ideas on how community or voluntary groups may support you to overcome any difficulties you have identified?

**Being safe and secure**

6. Please tell us how safe and secure you are in general? (Please select only one box)

- ☐ Very safe and secure
- ☐ Safe and secure
- ☐ Unsafe and not secure
- ☐ Very unsafe and not very secure
- ☐ Prefer not to say

7. Who and what helps you to be safe and secure?

8. Is there anything that makes it difficult for you to be safe and secure?

9. Please tell us any ideas on how your friends, family or neighbours may be able to support you to overcome any difficulties you have identified?

10. Please tell us any ideas on how community or voluntary groups may support you to overcome any difficulties you have identified?

**Being in control of your own life**

11. Please tell us how in control of your own life you are in general? (Please select only one box)

- ☐ In control of my own life  
☐ Have some control of my own life  
☐ Have little control of my own life  
☐ Have no control of my own life  
☐ Prefer not to say

12. Who and what helps you to be in control of your own life?

13. Is there anything that makes it difficult for you to be in control of your own life?

14. Please tell us any ideas on how your friends, family or neighbours may be able to support you to overcome any difficulties you have identified?

15. Please tell us any ideas on how community or voluntary groups may support you to overcome any difficulties you have identified?

**Tell us about yourself**

The following questions will help us to check we have responses from all areas of Telford and Wrekin and help us to think about people with a range of possible needs. Please answer any questions you feel comfortable with.

16. Are you?

☐ Male ☐ Female ☐ Prefer not to say

17. Do you identify as the gender you were assigned at birth?

☐ Yes ☐ No ☐ Prefer not to say

18. Please tell us your age range?

☐ 17 years or under ☐ 40 - 64 years  
☐ 18 - 24 years ☐ 65 years and over  
☐ 25 - 39 years

19. Do you have any long-standing illness or disability that limits your daily activity?

☐ Yes ☐ No ☐ Prefer not to say

20. If you answered 'yes', please state the type of impairment. If you have more than one, please select all that apply. If none apply, please mark 'other' and write an answer in:

☐ Physical impairment ☐ Mental health condition  
☐ Sensory impairment ☐ Developmental condition  
☐ Learning disability/difficulty ☐ Other (please state)  
☐ Long standing illness

21. Are you the parent /carer of a child/young person?

☐ Yes ☐ No ☐ Prefer not to say

**22. How many children do you have in the following age ranges?**

Under 5 years

6 - 10 years

11 - 18 years

**23. Does your child or children have a disability?**

☐ Yes

☐ No

☐ Prefer not to say

**24. Are you a carer for an adult over the age 18 years?**

☐ Yes

☐ No

☐ Prefer not to say

**If yes, who do you care for?**

☐ Parent

☐ Other family member

☐ Partner/spouse

☐ Prefer not to say

☐ Friend

☐ Other (please give details below)

**Please tell us why they need care**

☐ They are ill

☐ They have drug or alcohol problems

☐ They are disabled

☐ Prefer not to say

☐ They have mental health problems

☐ Other (please give details)

**25. Do you have an Armed Forces connection, e.g. currently serving, a reservist, veteran or a dependant of a current or former member of Her Majesty's Armed Forces?**

☐ Yes

☐ No

☐ Prefer not to say

**26. What is your sexual orientation?**

☐ Straight/Heterosexual

☐ Prefer not to say

☐ Lesbian/Gay

☐ Other (please state)

☐ Bi-sexual

## 27. What is your ethnic origin?

- |   |  |
|---|--|
| <input type="checkbox"/> <b>White</b> British                               | <input type="checkbox"/> <b>Asian or Asian British</b> - Bangladeshi         |
| <input type="checkbox"/> <b>White</b> Irish                                 | <input type="checkbox"/> <b>Other</b> Asian background (please state below)  |
| <input type="checkbox"/> <b>White</b> Polish                                | <input type="checkbox"/> <b>Black or Black British</b> - Caribbean           |
| <input type="checkbox"/> <b>Other</b> White background (please state below) | <input type="checkbox"/> <b>Black or Black British</b> - African             |
| <input type="checkbox"/> <b>Mixed</b> White and Black Caribbean             | <input type="checkbox"/> <b>Other</b> Black background (please state below)  |
| <input type="checkbox"/> <b>Mixed</b> White and Black African               | <input type="checkbox"/> <b>Other ethnic group</b> - Chinese                 |
| <input type="checkbox"/> <b>Mixed</b> White and Asian                       | <input type="checkbox"/> <b>Other ethnic group</b> - Gypsy                   |
| <input type="checkbox"/> <b>Other</b> Mixed background (please state below) | <input type="checkbox"/> <b>Other Ethnic</b> background (please state below) |
| <input type="checkbox"/> <b>Asian or Asian British</b> - Indian             | <input type="checkbox"/> <b>Prefer not to say</b>                            |
| <input type="checkbox"/> <b>Asian or Asian British</b> - Pakistani          |  |

If the questions we have asked you raised any issues for you, further details and information can be found at the following:

**MyLife** Telford & Wrekin Council's website which provides advice and information on local services that help you to maintain your independence [www.telford.gov.uk/mylife](http://www.telford.gov.uk/mylife).

**The Access Team 01952 381280** or email [access.team@telford.gov.uk](mailto:access.team@telford.gov.uk) a single point of access for information and help for people who use Care and Support services.

**Family Connect 01952 385385** or email [familyconnect@telford.gov.uk](mailto:familyconnect@telford.gov.uk) a single contact point where families carers and professionals can access comprehensive local information relating to the needs of children aged 0-19 years or to 24 years for those with a disability.

If the questions have raised upset or distress for you for any reason, you may also want to consider:

**The Samaritans 08457 909090** or email [jo@samaritans.org](mailto:jo@samaritans.org) who can help you explore your options, understand your problems better, or just be there to listen.

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Thank you for taking the time to complete this survey and share your views. Please return the survey in the FREEPOST envelope provided by **25 September 2015**. If you have misplaced your FREEPOST envelope you can return your survey to the following address:

Freepost RTKJ-KGJA-ASZU  
Co-operative Council Delivery Team  
Telford & Wrekin Council  
Darby House  
Lawn Central  
Town Centre  
Telford  
TF3 4JA