



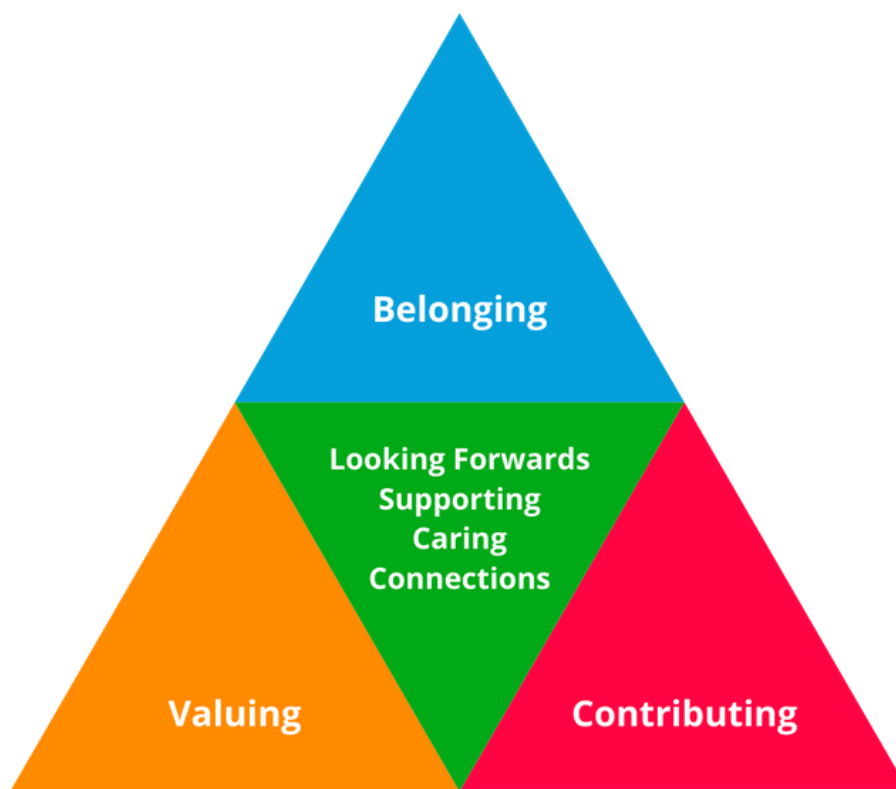
*When we know ourselves to be connected to all others, acting compassionately is simply the natural thing to do.
Rachel Naomi Remen*

What is the survey about?

The period of the covid-19 pandemic has been exceptionally challenging for people who live in care homes, their families, friends and care providers. Despite the incredible efforts, deep commitment and courage of the care sector, the pain of long periods of separation and isolation from loved ones have been very difficult for many people and impacted on physical and mental health.

This has demonstrated, more than anything, that strong, regular and consistent connections with those we love matter! Without them, we are all diminished in so many ways. We feel the social and emotional pain of separation in much the same way as we experience physical pain. The effects can be chronic and long-lasting.

As we begin to emerge from the pandemic, Ready Generations, NAPA and Famileo are working together to look forwards and understand how the best connections between the people who live in care homes and those who matter to them actually work. We want to learn something positive from the pain of the pandemic about how everyday connections might be strengthened for the benefit and wellbeing of everyone.



We also want to show our support to the care sector by collating information that reflects best practice, highlights what works and gives voice to the care community. In this small way, we hope to add weight to the urgent and growing case about the need for increased investment, the revaluing of care and elevation of the vital role of care and activity professionals.

By completing this survey, you will be providing valuable data for us to learn from recent experiences, enabling us to improve further and develop approaches and solutions that make life better, happier, and more fulfilling for people living in care homes, their families, friends, and staff. What better reason to take part?

We want to hear from anyone who receives or gives care and support. We are asking for the views and experiences of people living in care homes themselves, those with essential carer status, family, friends, and care workers.

Who can take part?

We are looking for contributions from:

- People living in a care home and their essential carers
- Wider family and friends of those living in a care home including grandchildren and greatgrandchildren
- Staff currently working in a care home in the UK
- Senior managers/directors/ owners of a care home or group of homes in the UK

*Completed surveys will be put into a prize draw for a chance to win a £50 high street voucher if you agree at the end of the survey

You must be aged eighteen or over to complete the survey.

Connections

What is involved in taking part?

Taking part is simple and straightforward. It involves completing the survey which asks about your experiences and views about meaningful connections. It should take you no more than 15 minutes to complete and all answers will remain strictly anonymous.

Will the information I give be confidential?

Yes – all survey responses are completed anonymously and all information supplied remains anonymous.

Are there any benefits or risks to taking part?

There are no immediate benefits to you personally as a result of taking part. There is a minimal risk that some questions may make you feel emotional or upset as you think about your family and friends.

However, taking part in the survey will help us to understand more about what really makes a difference when a family member lives in a care home. We intend to create a report containing our findings which will be shared with people living in care homes, families, care providers and policymakers. Together we can make positive change happen!

Ethical considerations

This data collection project was given a favourable opinion by the University of Stirling.

What happens next?

If you would like to take part, please complete the survey and then proceed to the digital consent and demographic data questions.



If you are living in a Care Setting – Click [HERE](#)

If you are an Essential Carer, Family Member or Friend – Click [HERE](#)

If you are an Activity Provider, Care Worker, Manager or Owner – Click [HERE](#)