

Caring for others and yourself: the 2021 Carers Wellbeing Survey

Information Sheet

What is this survey about?

This survey is examining the wellbeing and quality of life of unpaid carers across Australia, and their access to and use of support services, with a specific focus on services associated with Carer Gateway.

Unpaid carers include those receiving a carers payment or allowance, and those receiving no government payment to assist them in their caring obligations. They do not include those who care for others as their professional, paid career, or parents with typical parenting responsibilities. Carers provide care for people who are experiencing physical or mental illness, disability or old-age related frailty, as well as carers of those experiencing drug or alcohol addiction. The person/people they care for may live with them, or live in a different home.

Many thousands of Australians are carers. Supporting the wellbeing of carers is critical to ensuring both that they are able to continue providing high quality care, and to ensure that carers themselves maintain a high quality of life. However, until now there has not been a regular survey assessing the wellbeing of carers.

Who can do the survey?

Both current carers and those who have cared for someone in the past but are not currently a carer can participate in the survey. You can participate even if the caring responsibilities you have or had lasted a relatively short period of time, or you were not the main carer for the person.

How do I participate in the survey?

You can participate by completing a survey online at www.regionalwellbeing.org.au or, if you prefer, completing a paper copy of the survey. If you wish to complete the survey on paper and don't have a paper survey form, call **1800 981 499** and we'll send a paper survey to you.

Who is funding and undertaking the survey?

This study is funded by Carers Australia, via grant funding from the Australian Department of Social Services. In addition, carers organisations around Australia and some service providers are being asked to assist through inviting their members and clients to participate in the survey. The survey is being undertaken by the following researchers from the University of Canberra: Dr Jacki Schirmer, Dr Riyana Miranti, Mr Dominic Peel, Ms Melinda Mylek, Ms Kimberley Brown, and Ms Celia Maddox.

Do I have to take part in the survey?

Participation in this survey is entirely voluntary. You do not need to participate if you don't wish to. If you do decide to participate, you can still withdraw from the research project at any time prior to analysis of the data, including withdrawal of consent to use of any of the data you have provided, or withdrawal of consent to use some part of the data.

What is being offered to participants?

Survey participants can enter our prize draw to win one of 13 prizes worth a total of \$5,000, including a first prize of a \$1,500 gift card, second prize of a \$1,000 gift card, third prize of a \$500 gift card, or one of 10 runner up prizes of a \$200 gift card. You can have one or more entries into the prize draw, depending on whether you do shorter or longer versions of the survey. Winners will have their choice of an itunes, Amazon, WISH, Coles-Myer, or Bunnings gift card.). Prize draw terms and conditions can be found at the end of this information sheet.

What's involved in the survey?

The survey will take 10 to 30 minutes to complete, depending on whether you choose to complete the short or regular version of the survey, and whether all the questions apply to you. You can complete it online at www.regionalwellbeing.org.au, or by completing a paper survey. If you need a paper copy, call 1800 981 499 and we will post you a survey form together with a pre-paid return envelope.

How was I identified?

Note: this information applies only to those directly sent an email about the survey

If you were sent an email directly about the survey, that email will explain who contacted you and how. Several carers organisations and service providers are contacting their members and clients to invite participation in the survey. These organisations have not provided your contact details to the researchers; if you do not wish to hear anything further about the survey, please let the organisations that emailed you know.

If you received an email directly from University of Canberra researchers, this is because you have participated previously in one of our studies, such as the Regional Wellbeing Survey, and given permission to be contacted by the researchers in future. The email provides details on how you can unsubscribe from future contact if you wish to.

What will happen after the data is collected?

Data will be analysed and used to generate results for the study, which will be published in a report, and potentially also journal papers, conference papers, short reports, or articles and short pieces in newsletters and social or news media.

Can I access results?

The survey provides an option for you to tick if you want us to let you know when results of the survey are available, or receive survey updates.

Will my participation be kept confidential?

Information you provide as part of the survey will be kept confidential as far as the law allows. Neither your name, nor information that enables people to identify you, will be identified in any publication of our study results. All hard copy surveys will be securely stored in a locked filing drawer and electronic data in a password protected computer.

Ethical Concerns:

The study has been approved under the University of Canberra Human Ethics Committee Protocol HREC 1887. If you have any concerns about it, please contact the researchers first (see contact details below). You can also contact the Ethics Officer (phone: 02 6201 5220, email: humanethicscommittee@canberra.edu.au).

Survey contacts: Dr Jacki Schirmer

regionalwellbeing@canberra.edu.au

Ph: 1800 981 499

Prize draw terms and conditions

Entry into the prize draw is determined by the completion of the 2021 Carer wellbeing survey between 9th April 2021 and 13th May 2021. Everyone aged 14 or older who completes the survey either online by going to www.regionalwellbeing.org.au or returns a completed paper survey will be eligible to enter the prize draw. Winners will have their choice of an itunes, Amazon, WISH, Coles-Myer or Bunnings gift card, or to donate their winning value to Australian Red Cross, Blaze Aid, WIRES or a charity of choice (limited to organisations formally registered as charities): First prize: \$1500; second prize: \$1000; third prize \$500; 10 runner-up prizes of \$200. All prizes will be drawn at 2pm on 17th May 2021 at the Health Research Institute, Building 23, University Drive South, Bruce, ACT, 2617. The winner will be notified in writing, by email or post, within five working days of the prize draw and listed on www.regionalwellbeing.org.au within two working days of the draw. All prize winners will be listed in The Advertiser newspaper on 26th May 2021. The minimum age of prize draw participants is 14 years. Survey promoter: University of Canberra. Contact agent: Dr Jacki Schirmer, Associate Professor, University of Canberra, Building 23, University Drive South, Bruce ACT 2617, ABN 81 633 873 422. Phone 1800 981 499. Any prize redraw will occur at 2pm on 18th August 2021 to give winners sufficient time to collect their prize, at the same location as the original draw, with all winners of redraws notified by email or mail within five working days of the draw and listed on www.regionalwellbeing.org.au within two working days of the redraw. All winners of redraws, if any redraws are necessary, will be listed in The Advertiser newspaper on 25th August 2021. Authorised under permit numbers: 21/00543.1 (ACT), NSW LTPS/20/44106 (New South Wales & Northern Territory).