

## four-level self-completion proxy questionnaire (SCT4 proxy)

### Introduction

The purpose of these questions is to measure the effect of care and support services on the lives of people who use them. By care and support services we mean people receiving home care, Personal Budgets, Direct Payments, attending a day centre, equipment, meals services or living in a care home. Where possible, we always ask people how they feel about their own lives. Because this is not always possible, it is useful to get another perspective, such as from a friend, relative or care worker who knows the person well, often spends time with the person, and knows about the care and support they receive. This is why you have been asked to fill in this questionnaire.

If you feel that you may not be the right person to fill in this questionnaire, or that someone else would be better placed to do so, then please contact us to let us know.

The questions will ask about different aspects of the person's life at the moment. First, you will be asked to say what you think about the topic. Please say **what you think** about that aspect of the person's life. Do this by ticking one box in the 'say what you think' column. Then you will be asked to say **how you think the person feels** about that aspect of life. Do this by ticking one box in the 'how I think this person would answer' column. This may be difficult for you to say. However, please try to answer these questions as best as you can.

At the end of each question there is a comments box. You do not need to fill this in, but if you would like to add any further information please do so.

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### 1. Thinking about the food and drink the person you represent gets, which of the following statements best describes his/her situation?

Please say what you think in the first column. Then say how you think the person you are representing would answer in the second column. Please write in the comments box if you wish to add anything to your answer.

The person I am representing...

Please tick (☑) **one** box for **each** column

	<b>My opinion</b>	<b>How I think this person would answer</b>
Gets all the food and drink s/he likes when s/he wants	<input type="checkbox"/>	<input type="checkbox"/>
Gets adequate food and drink at OK times	<input type="checkbox"/>	<input type="checkbox"/>
Doesn't always get adequate or timely food and drink	<input type="checkbox"/>	<input type="checkbox"/>
Doesn't always get adequate or timely food and drink, and there is a risk to his/her health	<input type="checkbox"/>	<input type="checkbox"/>

Comments (optional)

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### 2. Which of the following statements best describes the cleanliness and comfort of the home (of the person you are representing).

Please say what you think in the first column. Then say how you think the person you are representing would answer in the second column. Please write in the comments box if you wish to add anything to your answer.

The home of the person I am representing is...

Please tick (☑) **one** box for **each** column

	<b>My opinion</b>	<b>How I think this person would answer</b>
As clean and comfortable as s/he wants	<input type="checkbox"/>	<input type="checkbox"/>
Adequately clean and comfortable	<input type="checkbox"/>	<input type="checkbox"/>
Not quite clean or comfortable enough	<input type="checkbox"/>	<input type="checkbox"/>
Not at all clean or comfortable	<input type="checkbox"/>	<input type="checkbox"/>

Comments (optional)

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**3. Thinking about keeping clean and presentable in appearance, please say what you think in the first column. Then say how you think the person you are representing would answer in the second column.**

*Please say what you think in the first column. Then say how you think the person you are representing would answer in the second column. Please write in the comments box if you wish to add anything to your answer.*

The person I am representing feels...

Please tick () **one** box for **each** column

	<b>My opinion</b>	<b>How I think this person would answer</b>
As clean and presentable as s/he likes	<input type="checkbox"/>	<input type="checkbox"/>
Adequately clean and presentable	<input type="checkbox"/>	<input type="checkbox"/>
Less than adequately clean or presentable	<input type="checkbox"/>	<input type="checkbox"/>
Not at all clean or presentable	<input type="checkbox"/>	<input type="checkbox"/>

Comments (optional)

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**4. This question is about how much contact the person you are representing has with people s/he likes. This could include seeing friends, family, colleagues, carers, housemates and other people s/he knows.**

*Please say what you think in the first column, then say how you think the person you are representing would answer in the second column. Please write in the comments box if you wish to add anything to your answer.*

The person I am representing has...

Please tick (☑) **one** box for **each** column

	<b>My opinion</b>	<b>How I think this person would answer</b>
As much social contact as s/he wants with people s/he likes	<input type="checkbox"/>	<input type="checkbox"/>
Adequate social contact with people	<input type="checkbox"/>	<input type="checkbox"/>
Some social contact with people, but not enough	<input type="checkbox"/>	<input type="checkbox"/>
Little social contact with people and feels socially isolated	<input type="checkbox"/>	<input type="checkbox"/>

Comments (optional)

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**5. Which of the following statements best describes how the person you represent spends his/her time? This includes anything that s/he does in his/her day-to-day life that s/he values and enjoys.**

*Please say what you think in the first column. Then say how you think the person you are representing would answer in the second column. Please write in the comments box if you wish to add anything to your answer.*

The person I am representing...

Please tick (☑) **one** box for **each** column

	<b>My opinion</b>	<b>How I think this person would answer</b>
Is able to spend his/her time as s/he wants, doing the things s/he values or enjoys	<input type="checkbox"/>	<input type="checkbox"/>
Is able to do enough of the things s/he values or enjoys with his/her time	<input type="checkbox"/>	<input type="checkbox"/>
Does some of the things s/he values or enjoys with his/her time, but not enough	<input type="checkbox"/>	<input type="checkbox"/>
Doesn't do anything s/he values or enjoys with his/her time	<input type="checkbox"/>	<input type="checkbox"/>

Comments (optional)

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### 6. This question is about how much control the person you are representing has over his/her daily life.

By 'control over daily life' we mean having the choice to do things or have things done for him/her as s/he likes and when s/he wants.

Please say what you think in the first column. Then say how you think the person you are representing would answer in the second column. Please write in the comments box if you wish to add anything to your answer.

The person I am representing has...

Please tick (☑) **one** box for **each** column

	<b>My opinion</b>	<b>How I think this person would answer</b>
As much control over his/her daily life as s/he wants	<input type="checkbox"/>	<input type="checkbox"/>
Adequate control over his/her daily life	<input type="checkbox"/>	<input type="checkbox"/>
Some control over his/her daily life, but not enough	<input type="checkbox"/>	<input type="checkbox"/>
No control over his/her daily life	<input type="checkbox"/>	<input type="checkbox"/>

Comments (optional)

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**7. This question is about feeling safe. By feeling safe, we mean how safe the person you are representing feels both inside and outside the home. This includes fear of abuse, falling or other physical harm.**

*Please say what you think in the first column. Then say how you think the person you are representing would answer in the second column. Please write in the comments box if you wish to add anything to your answer.*

The person I am representing feels...

Please tick (☑) **one** box for **each** column

	<b>My opinion</b>	<b>How I think this person would answer</b>
As safe as s/he wants	<input type="checkbox"/>	<input type="checkbox"/>
Adequately safe, but not as safe as s/he would like	<input type="checkbox"/>	<input type="checkbox"/>
Less than adequately safe	<input type="checkbox"/>	<input type="checkbox"/>
Not at all safe	<input type="checkbox"/>	<input type="checkbox"/>

Comments (optional)

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**8. This question is about dignity and respect. By dignity and respect, we mean the effect of help from *paid carers* on how the person you represent thinks and feels about themselves.**

*Please say what you think in the first column. Then say how you think the person you are representing would answer in the second column. Please write in the comments box if you wish to add anything to your answer.*

Because of the **paid care** s/he receives, the person I am representing...

*Please tick (☑) **one** box for **each** column*

	<b>My opinion</b>	<b>How I think this person would answer</b>
Thinks and feels better about him/herself	<input type="checkbox"/>	<input type="checkbox"/>
Does not think or feel differently about him/herself	<input type="checkbox"/>	<input type="checkbox"/>
Sometimes feels undermined in the way s/he thinks or feels about him/herself	<input type="checkbox"/>	<input type="checkbox"/>
Feels completely undermined in the way s/he thinks or feels about him/herself	<input type="checkbox"/>	<input type="checkbox"/>

Comments (optional)

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