Do we even need questions? Survey to Exhibition

Family carers are often asked to fill in surveys about their mental health.

We asked family carers what questions they would ask if they made a survey.

They said: “we hate surveys”.
Carers said tick boxes are not a good way to find out what people think.

Carers said they need to show people what life is like for them.

This can be done better using photos, pictures, sounds and words.
In the chat about the survey, carers told us what matters to them.

1. Mental health matters

Everyone understands mental health in their own way.

If you want to support someone well, you have to ask what mental health means to them.
2. Trauma matters

Past experiences matter.

But now and the future are important too.

Worries about the future make it difficult to live day-to-day.
People who support carers need to understand that past, present and future events and worries are all important now.

3. Paperwork matters

Family carers have to do lots of paperwork.
Carers have lots of paperwork in their house.

This paperwork has lots of information about the person they care for.

This information often describes the person they care for in negative ways.

Family carers hate having this paperwork in their house.
Carers are afraid to throw the paperwork away.

Carers worry they will need to show the paperwork to somebody one day to get support.

People should not write negative things about people with learning disabilities.
4. Coproduction matters

Doing research about family carers, without family carers is a bad idea

We are planning with them how to make the Exhibition
5. What needs to change to support people better?

Talk to people about the best way to find out for them to share their ideas.

Don’t write horrible things about people with learning disabilities.

Help people to live well now and to plan for the future.