

Fylde Coast Self-Care Survey

Organisations across the Fylde Coast are working together to not only transform people's experiences of healthcare services but also improve the health and wellbeing of all local residents.

As part of this we are developing a 'Self-Care Strategy'. In developing this strategy we are working to the following definition of self-care as provided by the Department of Health in 2015:

“The actions that people take for themselves, their children and their families to stay fit and maintain good physical and mental health; meet social and psychological needs; prevent illness or accident; care for minor ailments and long term conditions; and maintain health and well-being after an acute illness or discharge from hospital.”

This Self-Care Strategy is a collaborative approach to supporting individuals, families, carers and communities across the Fylde Coast to develop the knowledge, skills and self-confidence they need to care for them and their conditions effectively.

However, in order for this strategy to be as meaningful and effective as we desire, we believe that the views and experiences of local people should inform its approach.

We would therefore be grateful if you are able to complete this short survey and tell us a little about how you currently stay fit and healthy as well as any experience of self-care support you may have previously accessed.

The survey should take no longer than 10 minutes to complete.

All responses are completely anonymous and will be collated alongside the findings from other activities into a larger report which will help to inform the approach detailed within our proposed strategy.

Placing you at the heart
of everything we do on
the Fylde Coast

your care
our priority

1. Using the scale below, please indicate which of the following statements you feel best applies to you personally...

a. I feel satisfied with my life

- i. All the time
- ii. Most of the time
- iii. Quite often
- iv. Sometimes
- v. Hardly ever
- vi. Never

b. I feel I have control of my life

- i. All the time
- ii. Most of the time
- iii. Quite often
- iv. Sometimes
- v. Hardly ever
- vi. Never

2. How has your health been over the last six months:

- a. Excellent
- b. Very good
- c. Good
- d. Fair
- e. Poor
- f. Very poor

3. Do you think it is important that people self-care?

- a. Yes (**go to question 5**)
- b. No (**go to question 4**)
- c. Not sure (**go to question 4**)

4. Please explain your reason for the previous answer

5. What things do you do on a day-to-day basis which you think help to keep you generally healthy and well?

6. Do you (or someone you care for) have one of the following long-term conditions?
(you may select as many or as few as apply to you)
- a. No, I do not have a long-term condition **(go to q11)**
 - b. Coronary heart disease / angina / heart failure / other heart related condition
 - c. COPD / asthma / other lung related condition
 - d. Diabetes
 - e. Arthritis / rheumatism / other musculoskeletal condition
 - f. Stroke / TIA (“mini stroke”)
 - g. Long-term mental health condition
 - h. High blood pressure / hypertension
 - i. Chronic kidney disease
 - j. Neurological (including muscular sclerosis, epilepsy, parkinson’s disease)
 - k. Liver disease
 - l. Other (please specify)
7. How long have you had your long-term condition(s)? If you have more than one, please refer to the one diagnosed first.
- a. Less than a year
 - b. 1-2 years
 - c. 3-5 years
 - d. 6-10 years
 - e. More than 10 years
8. Have you ever been aware of or completed a training course which has helped you to learn more about your condition and how to manage it?
- a. Aware but never used **(go to 8a)**
 - b. Completed full course **(go to 8b)**
 - c. Began course but didn’t complete **(go to 8c)**
 - d. Never been aware of any
 - e. Not sure

8a. Was there a reason you chose not to take up the course?

8b. Do you have any comments to make about the impact of the course?

8c. What was the reason for not completing the course?

9. In the last six months, have you sought any self-care advice or information for a long term health condition from any of the following sources?
- a. Your GP
 - b. Practice nurse
 - c. A hospital doctor or consultant
 - d. A hospital nurse
 - e. A local pharmacist
 - f. Other health professional such as a physiotherapist for example
 - g. NHS choices website
 - h. Other health related websites (apart from NHS choices)
 - i. Family, friends or work colleagues
 - j. Other (please state)
 - k. No, I haven't sought any advice or information (**go to q 11**)
 - l. Not sure (**go to q14**)
10. Is there a particular reason why you haven't sought self-care advice or information?
- a. Wasn't aware of what support or information was available
 - b. Didn't feel confident enough to
 - c. The support or advice available wasn't appropriate for me
 - d. I am confident caring for myself
 - e. No particular reason
 - f. Not sure
 - g. Other, please state
11. What was the nature of the advice you sought?
- a. Information or advice on how to specifically deal with my long-term condition
 - b. Information about the medicines and treatments related to my long-term condition
 - c. Information or advice on how to treat a minor ailment
 - d. Advice about how to look after my general health such as exercising or healthy eating etc.
 - e. Other please state
12. Do you feel that this helped you better manage your general health and/or your condition?
- a. Yes, quite a lot
 - b. Yes, a little

- c. Unsure
- d. No not at all

13. Which of the following options do you think is the most important thing that would help you and others to take a more active role in managing your condition?

- a. More information about your condition and treatment
- b. Support and advice from GPs/health professionals to give you confidence in managing a condition and how to prevent it from worsening
- c. More chances to talk to other people who have your condition
- d. More support from local charities or voluntary groups
- e. Greater access to technology and devices to monitor a long term condition at home
- f. Information on self-care training and skills
- g. Other (please state)
- h. None of the above
- i. Not sure

14. Are there any other comments you would like to make in general about self-care and long-term condition management?

About You

15. Your age

- Under 18
- 18-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65-74
- 75-84
- 85 or over
- Prefer not to say

16. How would you describe your gender?

- Male
- Female
- Prefer not to say

17. Is this the same gender you were given at birth?

- Yes
- No
- Prefer not to say

18. What best describes your marital situation?

- Married
- Civil partnership
- Single
- Prefer not to say

19. Please choose the category that best describes your level of disability

- No disability
- Learning disability
- Wheelchair user
- Visual impairment
- Hearing impairment
- Physical impairment
- Mental health
- Multiple impairments
- Prefer not to say

20. Which of the following options best describes your sexual orientation?

- Bisexual
- Gay man
- Gay woman or lesbian
- Heterosexual or straight
- Prefer not to say
- Other

21. What is your religion/belief?

- Christian
- Jewish

- Hindu
- Muslim
- Sikh
- Buddhist
- No religion/belief
- Prefer not to say
- Other

22. Which of the following options best describes your ethnicity? *

- White British, English, Northern Irish, Scottish or Welsh
- White Irish
- East European
- Gypsy/Roma/Traveller
- White other
- Mixed White/Black African
- Mixed White/Black Caribbean
- Mixed White/Asian
- Mixed other
- Asian or Asian British – Indian
- Asian or Asian British – Pakistani
- Asian or Asian British – Bangladeshi
- Asian or Asian British – other
- Black or Black British – Caribbean
- Black or Black British – African
- Black or Black British – other
- Chinese
- Any other ethnic group
- Prefer not to say

Thank you for completing this survey.

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For more information about the ongoing work across the Fylde Coast please visit www.yourcareourpriority.nhs.uk.