****

**Corona virus is a new illness that has spread across the world. It is also called Covid-19. Some things have changed for people.**

**We want to find out if some things in your life have changed.**

**We have some questions we would like to ask.**

**We will then tell the people in Derbyshire who work to keep you healthy, safe and well what has happened.**

**We will also tell you what other people have told us. This is called feedback.**

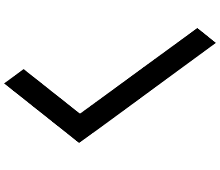
**Please call 01332 228 790 and leave a message if you would like someone to call you back and help you to fill this form in.**

**About You.**

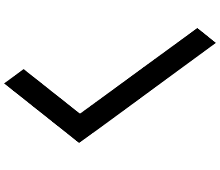
|  |  |
| --- | --- |
| **How old are you?** |  |
| **Are you male or female?** |  |
| **What is your ethnicity?** |  |

****

****

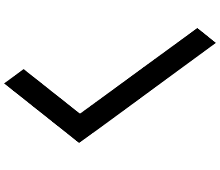
**Please tell us about yourself and use a tick in some of the boxes.**

|  |  |  |
| --- | --- | --- |
|  | I live with an Autistic Spectrum Condition (ASC) |  |
|  | I have a learning disability |  |
|  | I care for someone who has Autistic Spectrum Condition |  |
|  | I care for someone who has a learning disability |  |

**Please tick in the box if you used any of these people or things to support you before Covid-19? **

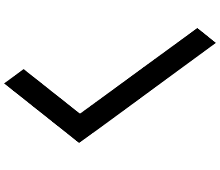
|  |  |  |
| --- | --- | --- |
| Respite Care – Mypillar Care Limited | I go to a place where people can have a break? This is called respite care or a short break. |  |
|  | I go to building for support during the day – this is sometimes called a day centre |  |
| dcc-logo.jpg – Derby City Council Newsroom | I have a social worker – a worker who is from Adult Services at the Council |  |
| C:\Users\ecrosby\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\CFCAAB6.tmp | I have a Befriender or  Companion who may come to my house to talk to me |  |
|  | I go to my Doctors Surgery |  |
|  | I have an Occupational Therapist |  |
|  | I have a Physiotherapist |  |
|  | I have a Speech and Language Therapist |  |
| What you didn't know about writing for people with learning ...  Sit-in Service | I had someone who came to my house to support me so that my carer could go out |  |
| C:\Users\tsimkins\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\B0A6E834.tmp | I go to hospital for treatment |  |
|  | I went to groups like clubs, discos, library groups, church or leisure centre |  |
|  | I see the Mental Health Crisis Team when I need support |  |
|  | I saw a Counsellor or someone I could talk to |  |
|  | I saw the Intensive Support Team |  |
|  | I saw the Community Learning Disability Team |  |
|  | I saw a Psychiatrist. This is someone you could talk to about your feelings |  |
|  | I have an Advocate who helps me speak up for myself |  |
|  | I have a support worker who helps me with my daily living tasks |  |
|  | I volunteer where I work but do not get paid.  Or I go to work where I do get paid. |  |
|  | I use the bus, train or taxi by myself |  |

**Please tick in the box if any of these people or things to support you have changed for you during Covid-19?**

****

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | No sign  Stopped | Internet Online | Smart Phone  Phone | Video camera  Video call |
| Going to my respite careRespite Care – Mypillar Care Limited |  |  |  |  |
|  | No sign  Stopped | Internet Online | Smart Phone  Phone | Video camera  Video call |
| Seeing my Social Worker  dcc-logo.jpg – Derby City Council Newsroom |  |  |  |  |
| Seeing my Befriender or CompanionC:\Users\ecrosby\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\CFCAAB6.tmp |  |  |  |  |
| Going to my day centre or day service |  |  |  |  |
|  | No sign  Stopped | Internet Online | Smart Phone  Phone | Video camera  Video call |
| Having my Sit-in Service  What you didn't know about writing for people with learning ... |  |  |  |  |
| Going to the doctor  A man talking to a GP |  |  |  |  |
| Seeing my occupational therapistPhysical and Occupational Therapy for Parkinson's: What to Expect |  |  |  |  |
|  | No sign  Stopped | Internet Online | Smart Phone  Phone | Video camera  Video call |
| Seeing my Psychiatrist  When The Psychiatrist Has Bipolar Disorder | bpHope.com |  |  |  |  |
| Seeing my physiotherapistHow Can Physiotherapy Help Improve Your Sleep? |  |  |  |  |
| Seeing the Mental Health Crisis Team  Intensive Support Team Lead Nurse |  |  |  |  |
|  | No sign  Stopped | Internet Online | Smart Phone  Phone | Video camera  Video call |
| Intensive Support Team Lead NurseSeeing the Intensive Support Team |  |  |  |  |
| Seeing my Speech and Language TherapistPDPM and Speech-Language Pathology |  |  |  |  |
| Seeing my AdvocateTwo people with an empty speech bubble, their arms outstretched and palms upturned |  |  |  |  |
|  | No sign  Stopped | Internet Online | Smart Phone  Phone | Video camera  Video call |
| Seeing my Support WorkerWhat is a support worker's job description? – Ivers Care Services |  |  |  |  |
| Going to hospital for treatmentC:\Users\tsimkins\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\C254C877.tmp |  |  |  |  |
|  | No sign  Stopped | Internet Online | Smart Phone  Phone | Video cameraVideo call |
| Seeing the Community Learning Disability Team  Intensive Support Team Lead Nurse |  |  |  |  |
| Going to groups like clubs, discos, library groups, church or leisure centreDignity Project Community Hub brings people together to break ... |  |  |  |  |
| Seeing my counsellorWhat does a Counsellor do? | First Careers |  |  |  |  |
|  | No sign  Stopped | Internet Online | Smart Phone  Phone | Video camera  Video call |
| Doing volunteering or work  Action for Happiness |  |  |  |  |

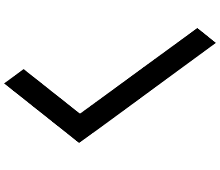
**Please tick the box if any of your support has changed since Covid-19. Is it good, bad or okay?**

****

**Good Bad Okay**

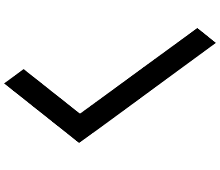
|  |  |  |  |
| --- | --- | --- | --- |
|  | Smiling face with no fill | Sad face with no fill | Neutral face with no fill |
| Going to my respite care place  Respite Care – Mypillar Care Limited | Smiling face with no fill | Sad face with no fill | Neutral face with no fill |
| Going to my Day Service or Day Centre | Smiling face with no fill | Sad face with no fill | Neutral face with no fill |
| Seeing my social worker  dcc-logo.jpg – Derby City Council Newsroom | Smiling face with no fill | Sad face with no fill | Neutral face with no fill |
| Seeing my befriender or companionC:\Users\ecrosby\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\CFCAAB6.tmp | Smiling face with no fill | Sad face with no fill | Neutral face with no fill |
| Going to the doctorA man talking to a GP | Smiling face with no fill | Sad face with no fill | Neutral face with no fill |
| Seeing my AdvocateTwo people with an empty speech bubble, their arms outstretched and palms upturned | Smiling face with no fill | Sad face with no fill | Neutral face with no fill |
| Seeing my occupational therapist  Physical and Occupational Therapy for Parkinson's: What to Expect | Smiling face with no fill | Sad face with no fill | Neutral face with no fill |
| Seeing the Community Learning Disability TeamIntensive Support Team Lead Nurse | Smiling face with no fill | Sad face with no fill | Neutral face with no fill |
| How Can Physiotherapy Help Improve Your Sleep?Seeing my physiotherapist | Smiling face with no fill | Sad face with no fill | Neutral face with no fill |
| Seeing my speech and language therapist  PDPM and Speech-Language Pathology | Smiling face with no fill | Sad face with no fill | Neutral face with no fill |
| Seeing my psychiatrist  When The Psychiatrist Has Bipolar Disorder | bpHope.com | Smiling face with no fill | Sad face with no fill | Neutral face with no fill |
| Seeing my CounsellorWhat does a Counsellor do? | First Careers | Smiling face with no fill | Sad face with no fill | Neutral face with no fill |
| Seeing the Intensive Support TeamIntensive Support Team Lead Nurse | Smiling face with no fill | Sad face with no fill | Neutral face with no fill |
| Having my sit-in service  What you didn't know about writing for people with learning ... | Smiling face with no fill | Sad face with no fill | Neutral face with no fill |
| Going to the hospital for treatmentC:\Users\tsimkins\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\6A5BC018.tmp | Smiling face with no fill | Sad face with no fill | Neutral face with no fill |
| Going to groups like clubs, discos, library groups, church or leisure centre  Dignity Project Community Hub brings people together to break ... | Smiling face with no fill | Sad face with no fill | Neutral face with no fill |
| Seeing the mental health  crisis team  Intensive Support Team Lead Nurse | Smiling face with no fill | Sad face with no fill | Neutral face with no fill |
| Seeing my support worker  What is a support worker's job description? – Ivers Care Services | Smiling face with no fill | Sad face with no fill | Neutral face with no fill |
| Doing volunteering or work | Smiling face with no fill | Sad face with no fill | Neutral face with no fill |
| Using the bus, train or taxi  Disappointment as proposed new Chesterfield bus route shelved ... | Smiling face with no fill | Sad face with no fill | Neutral face with no fill |

**Please tick the box if you have used any new people or things since Covid-19?**

****

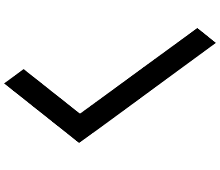
|  |  |  |
| --- | --- | --- |
|  | I have used them | I want to use them again |
| Mental Health Services. This is support with your Mental Health when it becomes difficult to cope with your thoughts and feelings  Information about mental health - People First |  |  |
| I went to a food bank. This is a place where you can get food if you can’t afford to pay for it in the shops  20 Items Your Food Bank Needs the Most | Taste of Home |  |  |
| I went to Citizens Advice for some help about difficult problems in my life  C:\Users\sjsummer\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\775E4DED.tmp |  |  |
| I saw my Social Worker  dcc-logo.jpg – Derby City Council Newsroom |  |  |
| I went to the emergency department at hospital  C:\Users\tsimkins\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\859996B.tmp |  |  |
| I spoke to an Autism Specialist Service for some help or support  https://www.england.nhs.uk/wp-content/uploads/2019/09/Autism.png |  |  |
| I spoke to a Learning Disability Specialist Service for some support  Working with Individuals with Learning Disabilites - Runway Training |  |  |

**Please tick the box that tells us about your mental health and feelings before Covid-19?**

**Please tick**

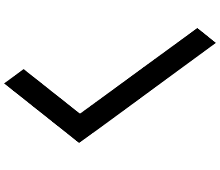
|  |  |  |
| --- | --- | --- |
| Okay | Neutral face with no fill |  |
| Good | Smiling face with no fill |  |
| Bad | Sad face with no fill |  |

**Please tick the box that tells us about your mental health and feelings during Covid-19?**

****

|  |  |  |
| --- | --- | --- |
| Okay | Neutral face with no fill |  |
| Good | Smiling face with no fill |  |
| Bad | Sad face with no fill |  |

**Please tell us more about the feelings have you felt the most during Covid-19?**

**Please tick all feelings that you have felt**

|  |  |
| --- | --- |
| Happy |  |
| Calm |  |
| Angry |  |
| Confused |  |
| Lonely |  |
| Worried |  |
| Annoyed |  |
| Sad |  |
| Afraid |  |
| Any other feelings?  Please tell us what these feelings were? |  |

Thank you for answering these questions.

Please call 01332 228 790 and leave a message if you would like someone to call you back and help you.

Please send your completed form back to [covid19survey@citizensadvicemidmercia.org.uk](mailto:covid19survey@citizensadvicemidmercia.org.uk), or post it back to:

Citizens Advice Mid Mercia

114 Church Street

Church Gresley

Swadlincote

DE11 9NR