

ASCOT–Carer SCT4/INT4

Domains

1	Occupation	The unpaid/family/friend carer is sufficiently occupied in a range of meaningful and enjoyable activities whether it be formal employment, unpaid work, caring for others or leisure activities
2	Control over daily life	The unpaid/family/friend carer can choose what to do and when to do it, having control over his/her daily activities
3	Self-care	The unpaid/family/friend carer feels that s/he is able to look after him/herself, in terms of eating well and getting enough sleep
4	Personal safety	The unpaid/family/friend carer feels safe and secure, where concerns about safety include fear of abuse, physical harm or accidents that may arise as a result of caring
5	Social participation and involvement	The unpaid/family/friend carer is content with their social situation, where social situation is taken to mean the sustenance of meaningful relationships with friends and family, and feeling involved or part of a community, should this be important to the carer
6	Space and time to be yourself	The unpaid/family/friend carer feels that s/he has enough space and time in everyday life to be him/herself away from the caring role and the responsibilities of caregiving
7	Feeling encouraged and supported	The unpaid/family/friend carer feels encouraged and supported by professionals, care workers and others, in their role as a carer

Reference:

Rand, S.E., Malley, J.N., Netten, A.P. et al. Factor structure and construct validity of the Adult Social Care Outcomes Toolkit for Carers (ASCOT–Carer). Qual Life Res 24, 2601–2614 (2015). <https://doi.org/10.1007/s11136-015-1011-x>

© University of Kent, all rights reserved.

This forms part of the Adult Social Care Outcomes Toolkit (ASCOT) that has been developed by members of the Personal Social Services Research Unit (PSSRU) at the University of Kent, United Kingdom. The University of Kent is the sole owner of the copyright in these materials. The University of Kent authorises non-commercial use of this questionnaire on the condition that anyone who uses it completes the following licence form (<https://www.pssru.ac.uk/ascot/not-for-profit/>) to enable the PSSRU at University of Kent to track authorised non-commercial use. The University of Kent does not automatically authorise commercial use of this questionnaire. Anyone wishing to obtain a licence for commercial use of any of the ASCOT materials should complete the for-profit licence form <https://www.pssru.ac.uk/ascot/for-profit-licenses/>. You may then be put in touch with the Research and Innovation Support, at the University of Kent.