Family Quality of Life Survey

Main caregivers of people with intellectual or developmental disabilities

2006

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Availability of the Survey Package

The *Family Quality of Life Survey Package* is currently available in English and may be downloaded free of charge from http://www.surreyplace.on.ca/programs_fqol.php.

The Survey Package includes the Family Quality of Life Survey with instructions, an administrator's manual, a codebook for variables, and data files in SPSS and delimited text formats.

Translations of the package will be developed and also made available. Access the Surrey Place Centre website for details and downloads.

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Family Quality of Life Survey

Main Caregivers of People with an Intellectual or Developmental Disability

What is the Family Quality of Life Survey?

The *Family Quality of Life Survey* (FQOL Survey) is a method of focusing on the quality of life of families who have one or more members with an intellectual or developmental disability. It is a way to address the degree to which family quality of life is enjoyable, meaningful, and supported by the types of resources that are important to family members, as well as the struggles faced by families.

How should the FQOL Survey be used?

The FQOL Survey is intended for two uses. First, it may be useful for service practitioners and family members as part of an overall assessment of support needs and program design. Second, it may be used as an instrument to describe and measure family quality of life, within the limitations of its conceptualization, for research or evaluation purposes.

Structure of the FQOL Survey

There are many ways to look at family quality of life. The FQOL Survey looks at aspects of family life that we consider critical based on previous research and practice.

The FQOL Survey has several parts:

- The first part, About Your Family, introduces your family members.
- The following 9 parts address specific areas of family life: health, financial well-being, family relationships, support from others, support from services, influence of values, careers, leisure and recreation, and community integration. Each of these 9 parts has 2 sections. Section A contains questions that gather some general information and provide context. Section B contains questions related to 6 key concepts: importance, opportunities, initiative, attainment, stability, and satisfaction. These questions may seem somewhat repetitive. They are meant to be that way, because they ask the same question about each of the 9 different areas of life.
- The final short part of the FQOL Survey asks for overall impressions of family quality of life.

How Should the FQOL Survey be Administered?

The FQOL Survey may be completed by the main caregiver (self-administration), or completed by a researcher or practitioner with the main caregiver (face-to-face administration). When self-administered, a way should be provided for the main caregivers who have questions to contact someone with knowledge of the survey.

Informed consent should always be obtained in writing from the person responding to the survey.

In some cases, researchers find it useful to augment the information gathered from the survey with a personal interview.

Confidentiality and Ethical Considerations

The completed FQOL Survey contains confidential information. When it is used by service organizations for assessment of support needs and program design, established policies and guidelines followed for all confidential information should be used.

When the FQOL Survey is used for research or evaluation purposes, all personal information of families and individuals with intellectual or developmental disabilities should be concealed, and only aggregate data or anonymous case examples should be reported. Those using this survey should comply with the ethical requirements of their universities, organizations, or relevant governing bodies.

Use of the terms "Intellectual Disability" and "Developmental Disability"

We use the term "Intellectual Disability" in this international survey to denote difficulties with cognitive development or cognitive impairment from a variety of causes because it is the term that is accepted and used internationally. Many countries use other terms that refer to the same condition (e.g., mental retardation in the United States, learning disabilities in the United Kingdom, and developmental disabilities in Canada).

We use the term "Developmental Disability" to denote conditions associated with a wide variety of disabilities that emerge prior to birth or during the developmental (childhood) years. People with developmental disabilities, as the term is used here, may or may not have an intellectual disability.

This survey may be used with people who have either an intellectual disability or developmental disability.

Translation

The Family Quality of Life Survey: Main caregivers of people with intellectual or developmental disabilities was developed in English. It is our wish to translate the survey to other languages, and to make the translated versions available on our website. If you would like to translate the Survey to your language for use in your country, we would be pleased to have you contact us so that we can work together to make it available.

Difficulty downloading the FQOL Survey?

If you encounter difficulty downloading the survey, or obtaining a properly formatted copy, please contact Barry Isaacs: barry.isaacs@surreyplace.on.ca.

Instructions for Completing the FQOL Survey

Who answers the questions in the survey?

The Family Quality of Life Survey is to be completed by the main caregiver of the family member with an intellectual or developmental disability. The main caregiver may be a parent, a sibling, a spouse or life partner, or other family member as defined in the "About Your Family" section (page 1). It is not to be completed by the family member with an intellectual or developmental disability or a family member who may assist in the care, but is not the main caregiver.

When completing this survey

- 1. Please answer every question as fully as possible.
- 2. Write in any additional information or comments that might help us to better understand your family's situation in the spaces beside the questions.
- 3. If a question is not applicable, please say so and explain why.
- 4. The survey takes about one hour to complete.

For office use only				
Participant ID:	PARTICIP			
Survey site:	SITE			
Date:	DATE			
Country:	COUNTRY			
Method of Completion: METHOD				
(value) 1	Self administered by main caregiver			
(value) 2	Face to face / Telephone administration			
	Interviewer:	INTERVWR		
	Occupation: INT_OCCU			
	Place of study/work: INT_WORK			
(value) 1, 2	Was there a follow up interview? (check ✓ if yes) FOLLOWUP			

About Your Family

Around the world people think of families differently. When completing this survey, we ask you to think of your *immediate family* — those people who are closely involved in the day-to-day affairs of your household. Family members may be related by blood or by close personal relationship.

1. What is your relationship to your family member(s) with an intellectual or developmental disability?

(For example: mother, brother, sister, spouse/partner.)

S01

PERSON(S) WITH AN INTELLECTUAL OR DEVELOPMENTAL DISABILITY

2. Please indicate the gender and age for all family members with an intellectual or developmental disability:

(Use the space to the right of the table to add others if needed.)

	Gender	Age	Live at home with you? (check ✓ if yes)
Person 1	S021a	S021b	S021c
Person 2	S022a	S022b	S022c
Person 3	S023a	S023b	S023c

3a. Below are some of the specific diagnoses or reasons that may be associated with an intellectual or developmental disability. Please check (√) any that apply to your family member(s) with an intellectual or developmental disability.

Person 1 Person 2 Person 3

1	1	1	Intellectual or developme	ental disability (cause unknown)		
2	2	2	Autism Spectrum Disorder			
3	3	3	PDD (Pervasive Develop			
4	4	4	Down syndrome	S03a1a S03a2a S03a3a		
5	5	5	Prader-Willi syndrome	S03a1b S03a2b S03a3b		
6	6	6	Fragile X syndrome	S03a1c S03a2c S03a3c		
7	7	7	Williams syndrome	S03a1d S03a2d S03a3d		
8	8	8	Rett syndrome	S03a1e S03a2e S03a3e		
9	9	9	PKU (Phenylketonuria)			
10	10	10	Dual diagnosis (intellectu	ual/developmental disability & psychiatric disorder)		
11	11	11	Cerebral Palsy			
12	12	12	Fetal Alcohol Spectrum I	Disorder		
10 11 12 13	13	13	Other (please specify)	S03a1Sa S03a2Sa S03a3Sa		
14	14	14	Other (please specify)			
				<u>S03a1Sb S03a2Sb S03a3Sb</u>		

3b. Often people with an intellectual or developmental disability have other conditions. Please check (✓) any that apply to your family member(s) with an intellectual or developmental disability. Person 1 Person 2 Person 3

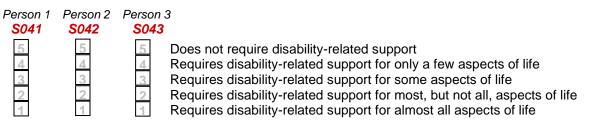
1 013011 1	1 0130112	1 01301	15				
1 2 3 4	1 2 3 4	1 2 3 4	Behavioural problems Mood/expression/anxiety problems Severe psychiatric disturbances (sc General problems with motor contro	chizophrenia		forms of	psychoses)
5	5	5	Seizures		S03b1a	S03b2a	S03b3a
6	6	6	Alzheimer disease or other types of	f dementia	S03b1b	S03b2b	S03b3b
7	7	7	Major vision impairment			S03b2c	
8	8	8	Major hearing impairment		S03b1d	S03b2d	S03b3d
9	9	9	Sensory integration impairment		S03b1e	S03b2e	S03b3e
10	10	10	Speech and or language difficulties		S03b1f	S03b2f	S03b3f
11	11	11	Feeding or eating difficulties (feed to	ubes, majo	r allergies	and sen	sitivities, etc.)
12	12	12	Heart problems		S03b1g		
13	13	13	Asthma or other respiratory disease	Ð	-	-	-
14	14	14	Gastro-intestinal/digestive/stomach	problems			
15	15	15	Other (please specify) S03	b1Sa	S03b2Sa	a S	03b3Sa
16	16	16	Other (please specify) S03	b1Sb	S03b2St	b S	03b3Sb

3c. Please describe condition(s) checked in 3b above.

S03C		

4. What level of disability-related support is needed for your family member(s) with an intellectual or developmental disability?

(Check ✓ one for each family member with an intellectual or developmental disability. Add others if needed.)



5. What level of communication best describes your family member(s) with an intellectual or developmental disability?

(Check ✓ one for each family member with an intellectual or developmental disability. Add others if needed.) Person 1 Person 2 Person 3

S051	S052	S053
5	5	5
4	4	4
3	3	3
2	2	2
1	1	1

Able to communicate about a wide variety of topics in a meaningful way Able to communicate within a limited range of topics in a meaningful way Able to communicate needs, wants, and some ideas in a meaningful way Able to communicate basic needs and wants Very little meaningful communication

6. Is there anything else you would like to tell us about your family member(s) with an intellectual or developmental disability?

S06

IMMEDIATE FAMILY

- 7. Is your immediate family...?
 - S07
 - 1 a one-parent family
 - a two-parent family
 - other (please specify) _____
- 8. List all of the adults in your immediate family who take a parental role. Please also indicate their ages, whether they live at home with you, and whether they act as caregivers?

S07S

Relationship to family member(s) with an intellectual or developmental disability	Age	Live at home with you? (check ✓ if yes)	Act as caregiver? (check ✓ if yes)
S081a S082a	S081b	S081c	S081d
S083a S084a	S082b S083b	S082c S083c	S082d S083d
Value labels 1 Biological Mother	S084b	S084c	S084d
2 Step Mother 3 Foster Mother 4 Biological Father			
5 Step Father 6 Foster Father			
7 Sibling (specify) S08SS 8 Other (specify) S08OSs			
9 Other (specify) S08OSb			

9. List the siblings of the person(s) with an intellectual or developmental disability by their relationship. Please specify if adopted, foster, or step-sibling, etc.

Relationship to family member(s) with an intellectual or developmental disability (for example: brother, foster sister, step-brother, adopted sister)	Age	Live at home with you? (check ✓ if yes)	Act as caregiver? (check ✓ if yes)
S091a	S091b	S091c	S091d
S092a	S092b	S092c	S092d
S093a	S093b	S093c	S093d
S094a	S094b	S094c	S094d

10. Please list any other people you consider to be members of your immediate family who are not listed above.

Relationship to family member(s) with an intellectual or developmental disability (grandmother, live-in caregiver, etc.)	Age	Live at home with you? (check ✓ if yes)	Act as caregiver? (check ✓ if yes)
S0101a	S0101b	S0101c	S0101d
S0102a	S0102b	S0102c	S0102d
S0103a	S0103b	S0103c	S0103d

11. Which family member(s) is most involved in the day to day life of your family member(s) with an intellectual or developmental disability? (check ✓one)

S011

- 1 Mother
- 2 Father
- 3 Mother and father
- 4 Siblings
- 5 Parents and siblings
- 6 Parents and other family members
- 7 Parents, siblings, and other members
- B Other family members (for example: grandparent, aunt, cousin)
- 12. How much responsibility do you *personally* have in the day to day affairs of your family? (check \checkmark one)

<u>S012</u>

- 1 Much more responsibility than I would like
- 2 More responsibility than I would like
- 3 About the amount of responsibility I like
- 4 Less responsibility than I would like
- 5 Much less responsibility than I would like

13a. How much responsibility related to your family member(s) with an intellectual or developmental disability do you *personally* have? (check ✓one)

S013a

- 1 Much more responsibility than I would like
- 2 More responsibility than I would like
- About the amount of responsibility I like
- 4 Less responsibility than I would like
- 5 Much less responsibility than I would like

13b. Comments:

S013b

1. Health of the Family

In this section, you are asked to consider the overall health of your family. Sometimes one or more members of a family have health problems and these problems affect the other members of the family. In responding to the questions below, think of your family as a whole.

Section A		

1a. Are there major physical and/or mental health concerns for your family member(s) with an intellectual or developmental disability?

S	1	Α	1	а

1	Yes
2	No

1b. If yes, please describe:

S1A1b

2a. Are there any major physical and/or mental health concerns for other members of your family?

S1A2a

1 Yes

- 2 No
- 2b. If yes, please describe:

Who? (Relationship to family member(s) with an intellectual or developmental disability)	Health concern
S1A2b1a	S1A2b1b
S1A2b2a	S1A2b2b

3. What barriers are there to your family accessing health care? (check ✓ as many as apply)

S1A3a	1	Long wait for service
S1A3b	2	No known treatment for health concern
S1A3c	3	Services not available in my area
S1A3d	4	Transportation is a problem
	5	We cannot get to appointments easily, we have trouble getting around
	6	We do not know where to go for health care services
	7	We do not understand easily what health care professionals say
	8	Poor treatment by health care professionals
	9	We have different beliefs about health care
	10	Other (specify) S1A3Sa
	11	Other (specify) S1A3Sb

- How important is your family's health to your family's quality of life? (check ✓one) \$1B1
 - 5 Very important
 - 4 Quite important
 - 3 Somewhat important
 - 2 A little important
 - Hardly important at all
- 2. Are there opportunities in your area for your family's health needs to be met? (check ✓one) S1B2
 - 5 A great many
 - 4 Many
 - 3 Some
 - 2 A few
 - Hardly any
- 3. Do members of your family make efforts to maintain or improve their health, such as engaging in regular exercise, paying attention to diet? (check ✓one) S1B3
 - 5 A great deal
 - 4 Quite a bit
 - <u>3</u> Some
 - 2 A little
 - 1 Hardly at all
- To what degree do members of your family enjoy good health? (check ✓one) S1B4
 - 5 A great deal
 - 4 Quite a bit
 - <u>3</u> Some
 - 2 A little
 - 1 Hardly at all
- 5a. In the near future, is it likely that your family's current level of health will …? (check ✓one) S1B5a
 - 5 Greatly improve
 - <u>4</u> Improve
 - Stay about the same
 - 2 Decline
 - 1 Greatly decline
- 5b. If improve or decline, why?

S1B5b

6. All things considered, how satisfied are you with the health of your family? (check \checkmark one)

S1B6

- 5 Very satisfied
- 4 Satisfied
- 3 Neither satisfied or dissatisfied
- 2 Dissatisfied
- 1 Very dissatisfied

7. Please provide any additional information or explanations that you would like. *S1B7*

2. Financial Well-Being

In this section, you are asked to think about how your family is managing financially. Individual members of your family earn different amounts of money and have different financial needs, but in responding to the questions below, think of the financial situation of your family as whole.

Section A		

1. In your country, how would your total family income, including all pensions, be described? (check ✓one)

S2A1

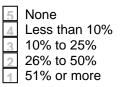
- 5 Well above average
- 4 Above average
- 3 Average
- 2 Below average
- 1 Well below average
- When you think of the total family income, including all pensions, do you consider your family to be (check ✓ one):
 \$242

24	~	

- 5 Well off
- 4 Managing well with some extra
- <u>3</u> Doing okay
- 2 Just getting by
- 1 Struggling
- 3. Does your family receive any financial support from sources other than employment (such as gifts, pensions, investment income)? (Please list)

S2A3		

4. What percentage of your total family income, including all pensions, does your family spend each month, on average, for special care, medication, support, or equipment for the family member(s) with an intellectual or developmental disability? S2A4



5. How many of your family's basic needs (for example, food, clothing, adequate housing) are met by your family income? (check √one)

S2A5

- 5 All
- 4 Most
- 3 Some
- 2 A few
- 1 None
- 6a. After all the necessary expenses are paid at the end of each month, does your household have money left to do with as you wish? (check ✓one) S2A6a
 - 1 Yes
 - 2 No
- 6b. If no, does this present a hardship for your family financially? (check ✓one) S2A6b
 - 1 Yes 2 Somewhat 3 No

 How important is financial well-being to your family's quality of life? (check ✓one) S2B1

- 5 Very important
- 4 Quite important
- 3 Somewhat important
- 2 A little important
- 1 Hardly important at all
- 2. Are there opportunities for members of your family to earn enough money to do the things your family wants? (check √one)

S2B2

- 5 A great many
- 4 Many
- 3 Some
- 2 A few
- Hardly any
- Do members of your family make efforts to maintain or improve the financial situation of your family? (check ✓one)
 S2B3
 - 5 A great deal
 - 4 Quite a bit
 - <u>3</u> Some
 - 2 A little
 - 1 Hardly at all
- 4. To what degree does your family's financial situation meet your family's expectations? (check √one) S2B4
 - 5 A great deal
 - 4 Quite a bit
 - 3 Some
 - 2 A little
 - 1 Hardly at all
- 5a. In the near future, is it likely that your family's financial situation will …? (check ✓ one) S2B5a
 - 5 Greatly improve
 - 4 Improve
 - 3 Stay about the same
 - 2 Decline
 - Greatly decline

5b. If improve or decline, why?

S2B5b

- 6. All things considered, how satisfied are you with the financial well-being of your family? (check ✓one) S2B6
 - 5
 - Very satisfied Satisfied
 - Neither satisfied or dissatisfied 3
 - 2 Dissatisfied
 - 1 Very dissatisfied
- Please provide any additional information or explanations that you would like. 7.

S2B7

3. Family Relationships

In this section, think about the general tone or feeling that is usually present in your family. An individual in a family might get along better with some family members than with others, but here we are interested in the atmosphere that emerges from all of the relationships within your family as a whole.

Section A		

Who takes responsibility for keeping the day-to-day things going in your family? (check ✓one) \$341

33/	4/	
1	Everyone pitches in to the best of their ability Some do more than others	
	Please specify who does more	S3A1Sa
3	Most responsibility is on one or two people	
4	Please specify who does most Things just take care of themselves	S3A1Sb

2. Who takes the MOST responsibility for each of these nine aspects of running your family home? If responsibilities are shared, list all those involved. (check \checkmark any that apply)

			Mother	Father	Siblings	Other
S3A2a	a.	Grocery shopping	1	2	3	4
S3A2b	b.	Cooking	1	2	3	4
S3A2c	c.	Care of person with disability	/ 1	2	3	4
S3A2d	d.	Other child care	1	2	3	4
S3A2e	e.	Yard work	1	2	3	4
S3A2f	f.	House cleaning	1	2	3	4
S3A2g	g.	Laundry	1	2	3	4
S3A2h	h.	Earning money	1	2	3	4
S3A2i	i.	Maintenance and repairs	1	2	3	4
S3A2j	j.	Other <u>(specify) S3A2jS</u>	1	2	3	4
S3A2k	k.	Other (specify) S3A2kS	1	2	3	4

3. To what extent does your family...? (check ✓ one answer for each item)

			A lot	Quite a bit	Some	Not much
S3A3a	a.	Help each other do things	1	2	3	4
S3A3b	b.	Go places together	1	2	3	4
S3A3c	C.	Enjoy each other's company	1	2	3	4
S3A3d	d.	Support each other in times of tro	buble 🗍	2	3	4
S3A3e	e.	Help solve family problems	1	2	2	1
S3A3f	f.	Trust each other	4	2	2	4
S3A3g	g.	Work together toward family goal	s 📕	2	2	4
S3A3h	ĥ.	Have a sense of belonging togeth	ner 📕		3	4
S3A3i	i.	Generally have similar values	1	2	3	4
S3A3j	i.	Do things as a family	1	2	3	4
,	,-		1	2	3	4

- How important are your family relationships to your family's quality of life? (check ✓one) S3B1
 - 5 Very important
 - 4 Quite important
 - 3 Somewhat important
 - 2 A little important
 - 1 Hardly important at all
- 2. Are there opportunities for members of your family to maintain and enhance good relationships with each other? (check ✓ one)
 - S3B2
 - 5 A great many
 - 4 Many
 - 3 Some
 - 2 A few
 - Hardly any
- 3. Do members of your family make efforts to keep good relationships within your family? (check ✓one)
 - S3B3
 - 5 A great deal
 - 4 Quite a bit
 - <u>3</u> Some
 - 2 A little
 - 1 Hardly at all
- 4. To what degree do members of your family enjoy good relationships with each other? (check ✓one)
 - S3B4
 - A great deal
 - 4 Quite a bit
 - <u>3</u> Some
 - <u>2</u> A little
 - 1 Hardly at all
- 5a. In the near future, is it likely that your family relationships will …? (check ✓ one) S3B5a
 - 5 Greatly improve
 - 4 Improve
 - 3 Stay about the same
 - <u>2</u> Decline
 - 1 Greatly decline

5b. If improve or decline, why?

S3B5b

- All things considered, how satisfied are you with the relationships within your family? (check √one)
 S3B6
 - 5 Very satisfied
 - 4 Satisfied
 - 3 Neither satisfied or dissatisfied
 - 2 Dissatisfied
 - 1 Very dissatisfied
- 7. Please provide any additional information or explanations that you would like.

S3B7

4. Support from Other People

Families sometimes get practical and emotional support from a variety of other people, such as relatives, friends, neighbours and others. In this section, you are asked to think about the support to your family as a whole from other people.

Section A	

1a. How much do relatives (other than those you identified as your immediate family) help your family do *practical* things, such as look after family members, shop, or look after the house? (check √one)
 S4A1a

5	A great deal
4	Quite a bit
3	Some
2	A little
1	Hardly at all

1b. How many hours a week, in total, do these relatives do these things?

S4A1b _____ hours

2a. How much do relatives (other than those you identified as your immediate family) give your family *emotional* support, such as talk with you, listen to you, or offer encouragement? (check ✓one)

S4A2a

5	A great deal
4	Quite a bit
3	Some
2	A little
1	Hardly at all

2b. How many hours a week, in total, do these relatives do these things?

S4A2b____ hours

3a. How much do friends and neighbours help your family do practical things, such as look after family members, shop, or look after the house? (check √one) S4A3a

5	A great deal
4	Quite a bit
3	Some
2	A little
1	Hardly at all

3b. How many hours a week, in total, do these friends and neighbours do these things?

S4A3b _____ hours

4a. How much do friends and neighbours give your family *emotional* support, such as talk with you, listen to you, or offer encouragement? (check \checkmark one)

- S4A4a
- 5 A great deal Quite a bit
- 3 Some
- 2 A little
- 1 Hardly at all
- 4b. How many hours a week, in total, do these friends and neighbours do these things?

S4A4b _____ hours

5a. How would you describe your own *personal* social life outside your family? (check \checkmark one)

S4A5a

- About what I would like it to be
- 2 Somewhat less than I would like it to be
- 3 Much less than I would like it to be

5b. Please explain:

S4A5b

- How important to your family's quality of life is the practical and emotional support you get from other people, excluding service providers? (check ✓one) S4B1
 - 5 Very important
 - 4 Quite important
 - 3 Somewhat important
 - 2 A little important
 - 1 Hardly important at all
- Are there opportunities to receive practical and emotional support from other people, excluding service providers, should your family need it? (check ✓one) S4B2
 - 5 A great many
 - 4 Many
 - 3 Some
 - 2 A few
 - Hardly any
- Do members of your family make efforts to get practical and emotional support from other people, excluding service providers? (check ✓one) S4B3
 - 5 A great deal
 - 4 Quite a bit
 - <u>3</u> Some
 - 2 A little
 - Hardly at all
- 4. To what degree does your family receive practical and emotional support from other people, excluding service providers? (check ✓ one) S4B4
 - 5 A great deal
 - 4 Quite a bit
 - <u>3</u> Some
 - 2 A little
 - 1 Hardly at all
- 5a. In the near future, is it likely the practical and emotional support you receive from other people, excluding service providers, will ...? (check ✓one) S4B5a
 - Greatly improve
 - 4 Improve
 - <u>3</u> Stay about the same
 - 2 Decline
 - 1 Greatly decline

5b. If improve or decline, why?

S4B5b

6. All things considered, how satisfied are you with the practical and emotional support your family gets from other people, excluding service providers? (check ✓one)

S4B6

- 5 Very satisfied
- 4 Satisfied
- 3 Neither satisfied or dissatisfied
- 2 Dissatisfied
- 1 Very dissatisfied
- 7. Please provide any additional information or explanations that you would like.

S4B7

5. Support from Disability Related Services

In this section you are asked to think about the support received from disability related services. Although these services are often directed toward the person with the intellectual or developmental disability, they often affect the family as a whole.

Section A		

1.	Indicate whi	ich of these services, if any, are available in your area. (check \checkmark as many as apply)
	S5A1a	Special disability benefits / funding
	S5A1b S5A1c S5A1d S5A1d S5A1e S5A1f S5A1g	Service coordination / social work Individual / family support worker Paid attendant or caregiver Respite care In-home health care Advocacy services
	S5A1h S5A1i S5A1j S5A1j S5A1k	Special education Supported community employment Sheltered employment workshop Day Programs / Activities
	S5A1I 1 S5A1m 1 S5A1n 1	 Supported group living / group home Supported independent living Institution, residential hospital, or other large care facility
	S5A10 1 S5A1p 1 S5A1q 1 S5A1r 1 S5A1r 1	Pediatrician Medical specialist(s) (please specify) S5A1qS Psychiatrist
	S5A1t 2 S5A1u 2	Vision services (beyond routine) Hearing services (beyond routine)
	S5A1v 2 S5A1w 2 S5A1x 2 S5A1y 2 S5A1y 2 S5A1z 2 S5A1aa	 Nutritional services Speech and language therapy Behavioural support Occupational therapy Physiotherapy Counselling / psychotherapy
	S5A1ab S5A1ac 2	B Other (please specify): S5A1abS 9 Other (please specify): S5A1acS

	many as apply)
S5A2a	1 Special disability benefits / funding
S5A2b S5A2c S5A2d S5A2e S5A2f S5A2g	 Service coordination / social work Individual / family support worker Paid attendant or caregiver Respite care In-home health care Advocacy services
S5A2h S5A2i S5A2j S5A2k	 Special education Supported community employment Sheltered employment workshop Day Programs / Activities
S5A2I S5A2m S5A2n	 Supported group living / group home Supported independent living Institution, residential hospital, or other large care facility
S5A2o S5A2p S5A2q S5A2r S5A2s	 Family doctor Paediatrician Medical specialist(s) (please specify) S5A2qS Psychiatrist Psychologist
S5A2t S5A2u	 Vision services (beyond routine) Hearing services (beyond routine)
S5A2v S5A2w S5A2x S5A2y S5A2z S5A2aa S5A2ab S5A2ab	 Nutritional services Speech and language therapy Behavioural support Occupational therapy Physiotherapy Counselling / psychotherapy Other (please specify): <u>\$5A2abS</u> Other (please specify): <u>\$5A2acS</u>
00/12/00	

2. Which of these services have you or any of your family members used?

Are there disability related services you need that you are not currently getting? 3a. (check √one)

S5A3a

1 Yes 2 No

If you answered "No", please move on to Section B on page 22. If you answered "Yes", continue with questions 3b and 3c on the next page.

3b. If there are disability related services you need that you are not currently getting, please list them.

S5A3b		
Why are y (check √as		t receiving the disability related services you need? / as apply)
S5A3ca	1	Long wait for service
S5A3cb S5A3cc	2	The services we use just don't help enough Services not available in my area (please specify) S5A3ccS
S5A3cc	3	Transportation is a problem
S5A3ce	5	We cannot get to appointments easily, we have trouble getting around
S5A3cf	6	We do not know where to go for services
S5A3cq	7	We do not understand easily what service people say
S5A3ch	8	Poor treatment by staff
S5A3ci	9	We have different beliefs about support services
S5A3cj	10	Other (specify) S5A3cjS
S5A3ck	11	Other (specify)
		S5A3ckS

- How important to your family's quality of life is support from intellectual or developmental disability related services? (check ✓one) S5B1
 - 5 Very important
 - 4 Quite important
 - 3 Somewhat important
 - 2 A little important
 - 1 Hardly important at all
- 2. Are there opportunities in your area to receive the intellectual or developmental disability related services your family needs? (check ✓one)

S5B2

- 5 A great many
- 4 Many
- 3 Some
- 2 A few
- Hardly any
- 3. Do members of your family make efforts to obtain the disability related services they need? (check ✓one)
 - S5B3
 - 5 A great deal
 - 4 Quite a bit
 - <u>3</u> Some
 - 2 A little
 - 1 Hardly at all
- 4. To what degree are your family's needs, related to the family member(s) with an intellectual or developmental disability, being met by the services in your area? (check ✓one) S5B4
 - 5 A great deal
 - 4 Quite a bit
 - 3 Some
 - 2 A little
 - 1 Hardly at all
- 5a. In the near future, is it likely that the support your family receives from disability related services will ...? (check ✓ one) S5B5a
 - 5 Greatly improve
 - <u>4</u> Improve
 - Stay about the same
 - 2 Decline
 - <u>1</u> Greatly decline

5b. If improve or decline, why?

S5B5b

6.	All things considered, how satisfied are you with the disability related services your family
	receives? (check ✓ one)
	S5B6

5

Very satisfied 4 Satisfied

2 Neither satisfied or dissatisfied

2 Dissatisfied

1 Very dissatisfied

7. Please provide any additional information or explanations that you would like.

S5B7

6. Influence of Values

Many people derive fulfilment and guidance from the values they hold. Such values may emerge from personal standards of conduct, beliefs based on spirituality, formal religion, or cultural background. For most people, values emerge from a combination of these sources. In this section, you are asked to think about the degree to which your family is influenced by personal, spiritual, religious and cultural values, and to consider their impact on your family as a whole.

Section A

1a. Are your family's values...? (check ✓ all that apply)

1	Personal	S6A1a1
2	Spiritual	S6A1a2
3	Religious	S6A1a3
4	Cultural	S6A1a4

1b. Please explain: S6A1B

To what degree do people in your religious, spiritual/cultural community accept the disability of your family member(s)? (check ✓ one)
 S6A2

- 5 Very much
- 4 Quite a bit
- 3 Somewhat
- 2 A little
- Hardly at all
- Not strongly involved in a spiritual/cultural community

To what degree do people in your religious, spiritual/cultural community help your family practically with your disability-related needs? (check ✓ one)
 S6A3

- 5 Very much
- 4 Quite a bit
- 3 Somewhat
- 2 A little
- Hardly at all
- Not strongly involved in a spiritual/cultural community

- 4. To what degree do people in your religious, spiritual/cultural community help your family emotionally with your disability-related needs? (check ✓one) S6A4
 - 5 Very much
 - 4 Quite a bit
 - 3 Somewhat
 - 2 A little 1 Hardly
 - 1 Hardly at all
 - Not strongly involved in a spiritual/cultural community

5. To what degree do your personal, spiritual, religious and/or cultural values help your family members accept and cope with disability? (check ✓one)

S	6	A	5

- 5 Very much
- 4 Quite a bit
- 3 Somewhat
- 2 A little
- Hardly at all
- Do not have strong personal, spiritual, or cultural values

- 1. How important to your family's quality of life are personal, spiritual, religious and/or cultural values? (check ✓one)
 - S6B1
 - 5 Very important
 - 4 Quite important
 - 3 Somewhat important
 - 2 A little important
 - 1 Hardly important at all
- 2. Are there opportunities for members of your family to develop and hold personal, spiritual, religious and/or cultural values that can contribute to your family's quality of life? (check ✓one)

<u>S6B2</u>

- 5 A great many
- 4 Many
- 3 Some
- 2 A few
- Hardly any
- 3. Do members of your family make efforts to maintain or strengthen personal, spiritual, religious and/or cultural values that contribute to your family's quality of life? (check ✓one)

S6B3

- 5 A great deal
- 4 Quite a bit
- 3 Some
- 2 A little
- 1 Hardly at all
- 4. To what degree do members of your family hold personal, spiritual, religious and/or cultural values that contribute to your family's quality of life? (check ✓one)

S6B4



- 4 Quite a bit
- <u>3</u> Some
- 2 A little
- 1 Hardly at all

5a. In the near future, is it likely that the personal, spiritual, religious and/or cultural values that contribute to your family's quality of life will...? (check ✓one)

S6B5a

- 5 Greatly improve4 Improve
- 3 Stay about the same
- 2 Decline
- 1 Greatly decline
- 5b. If improve or decline, why?

S6B5b

6. All things considered, how satisfied are you with the degree to which personal, spiritual, religious and/or cultural values contribute to your family's quality of life? (check ✓one) S6B6

5	Verv	satisfied
	- ,	

- 4 Satisfied
- 3 Neither satisfied or dissatisfied
- 2 Dissatisfied
- 1 Very dissatisfied
- 7. Please provide any additional information or explanations that you would like.

S6B7

7. Careers and Preparing for Careers

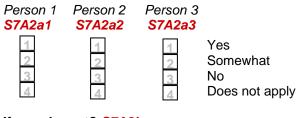
Part of an adult's life is engaging in work. Similarly, part of a child's life is learning for the future. In this section, think of your family as a whole.

Section A

1. List each member of your immediate family by role (for example, mother, step-brother), including the family member(s) with intellectual disabilities, and check (✓) the appropriate occupational activity. Briefly describe the work or school attended.

Family member	Retired	Not employed	Employed Full time	Employed Part time	Student Full time	Student Part time	Describe work or school or why not employed
S7A11a	S7A1	lb	1	1			S7A11c
S7A12a	S7A12	2b					S7A12c
S7A13a	S7A13b			S7A13c			
S7A14a	S7A14b			S7A14c			
S7A15a	S7A15b			S7A15c			
S7A16a	S7A16	5b					S7A16c

2a. Does your family member(s) with an intellectual or developmental disability engage in the daily activities he/she/they wants?



2b. If no, why not? S7A2b

2c. What daily activities does your family member(s) with an intellectual or developmental disability engage in? (check ✓all that apply for each family member with an intellectual or developmental disability.)

Person 1	Person 2	Person 3	
1 2 3 4	1 2 3 4	1 2 3 4	Community based paid employment Community based supported employment (paid or unpaid) Self-employment Volunteer work S7A2c1a S7A2c2a S7A2c3a
5	5	5	Sheltered workshopS7A2c1bS7A2c2bS7A2c3bVocational trainingS7A2c1cS7A2c2cS7A2c3c
7	7	7	School Day programs
9	9	<u>9</u> 10	Other Does not engage in vocational or educational activities

- Have any members in your family given up their careers or education to care for the family member(s) with a disability?
 S7A3
 - 1 Yes
 - 2 No

If you answered "No", please move on to Section B on page 30. If you answered "Yes", continue with question 4.

4a. Who in your family has given up their career or education to care for the family member(s) with a disability?

S7A4a

- 4b. Please tell us about it: S7A4b
- 5a. Will they resume in the near future?

S7A5a

- 1 Yes 2 Maybe 3 No
- 5b. Please explain: S7A5b
- 6. What impact has this had on your family?

S7A6

- 1. How important is it to your family's quality of life, for family members to pursue or prepare for the careers they want? (check ✓one)
 - S7B1
 - 5 Very important
 - 4 Quite important
 - 3 Somewhat important
 - 2 A little important
 - Hardly important at all
 - Does not apply to my family
- 2. Are there opportunities for members of your family to pursue the careers they want and attend the schools they want? (check \checkmark one)

S7B2

- 5 A great many
- 4 Many
- <u>3</u> Some
- 2 A few
- Hardly any
- Does not apply to my family
- 3. Do members of your family make efforts to develop their education and/or careers? (check ✓one)

S7B3

- 5 A great deal
- 4 Quite a bit
- 3 Some
- 2 A little
- Hardly at all
- Does not apply to my family
- 4. To what degree have your family members been able to prepare for and have the education and careers they want? (check ✓one)

S7B4

- A great deal
- 4 Quite a bit
- 3 Some
- 2 A little
- Hardly at all
- Does not apply to my family

5a. In the near future, is it likely that your family's ability to pursue and prepare for the careers they want will ...? (check vone)

S7B5a

- 5 Greatly improve
- Improve
- Stay about the same
- Decline
- Greatly decline 1
- Does not apply to my family 0

If improve or decline, why? 5b.

S7B5b

All things considered how satisfied are you with your family's careers and ability to prepare 6. for those careers? (check ✓ one) **S7B6**

5	Very satisfied
_	

- 4 Satisfied
- 3
- Neither satisfied or dissatisfied 2 Dissatisfied
- Very dissatisfied
- Does not apply to my family 0
- 7. Please provide any additional information or explanations that you would like.

S7B7

8. Leisure and Recreation

In this section, consider the leisure and recreation activities of your family as a whole.

Section A

1. What things do members of your family do together in groups of 2 or more people for leisure and recreation?

What 2 or more family members? (for example: mother, father, siblings, person with disability)	Activities they do together
S8A11a	S8A11b
S8A12a	S8A12b
S8A13a	S8A13b

2. What things do members of your family do individually for leisure and recreation?

What family member? (for example: mother, father, siblings, person with disability)	Activities he or she does individually
S8A21a	S8A21b
S8A22a	\$8A22b
S8A23a	S8A23b

- 3. To what degree is your family member(s) with an intellectual or developmental disability involved in your family leisure and recreation activities? **S8A3**
 - 5 Always or almost always
 - 4 Frequently
 - <u>3</u> Occasionally
 - 2 Rarely
 - 1 Not at all

- How important are leisure and recreation to your family's quality of life? (check ✓one) S8B1
 - 5 Very important
 - 4 Quite important
 - 3 Somewhat important
 - 2 A little important
 - 1 Hardly important at all
- Are there opportunities for your family members to engage in leisure and recreation activities? (check ✓ one)
 S8B2
 - 5 A great many
 - 4 Many 3 Some
 - 2 A few
 - 1 Hardly any
- Do members of your family make efforts to take part in leisure and recreation activities? (check √one)
 S8B3
 - 5 A great deal
 - 4 Quite a bit
 - 3 Some
 - 2 A little
 - 1 Hardly at all
- 4. To what degree do your family members engage in leisure and recreation activities? (check ✓one)

S8B4

- 5 A great deal
- 4 Quite a bit
- 3 Some
- 2 A little
- 1 Hardly at all
- 5a. In the near future, is it likely that your family's leisure and recreation will ...? (check √one)

S8B5a

5 Greatly improve

- 4 Improve
- 3 Stay about the same
- 2 Decline
- 1 Greatly decline

6. All things considered, how satisfied are you with your family's leisure and recreation? (check ✓one)

S8B6

- 5 Very satisfied
- 4 Satisfied
- 3 Neither satisfied or dissatisfied
- 2 Dissatisfied
- 1 Very dissatisfied
- 7. Please provide any additional information or explanation that you would like. In particular, please explain if your family members are not able to participate in leisure and recreation activities to the degree they would like.

S8B7

9. Community Interaction

Community is a sense of connection with people and places in your area. In this section, consider the community interaction of your family as a whole.

Section A

1. What community groups, clubs, or organizations, are members of your family, including the family member(s) with an intellectual or developmental disability, involved in?

Family member	Group, club, or organization
S9A11a	S9A11b
S9A12a	S9A12b
S9A13a	S9A13b
S9A14a	S9A14b
S9A15a	S9A15b

2a. Has your family experienced any form of discrimination in your community?

S9A2a

- 1 Yes 2 No
- 2b. If yes, please explain

S9A2b

- 3. What type of community does your family live in? (check ✓one) S9A3
 - 1 Large urban centre
 - 2 Small city
 - 3 Small town
 - 4 Rural

Other (please specify) _____S9A3S

4. Do you like living in this community? S9A4

1	Yes
2	Somewhat

3 No

- How important to your family's quality of life is it for members of your family to interact with people and places in your community? (check ✓one)
 S9B1
 - 5 Very important
 - 4 Quite important
 - 3 Somewhat important
 - 2 A little important
 - 1 Hardly important at all
- Are there opportunities for members of your family to interact with people and places in your community? (check ✓ one) \$982
 - 5 A great many
 - 4 Many
 - 3 Some
 - 2 A few
 - Hardly any
- Do members of your family make efforts to interact with people and places in your community? (check ✓ one)
 S9B3
 - 5 A great deal
 - 4 Quite a bit
 - 3 Some
 - 2 A little
 - 1 Hardly at all
- To what degree does your family interact with people and places in your community? (check √one)
 S9B4
 - 5 A great deal
 - 4 Quite a bit
 - <u>3</u> Some
 - 2 A little
 - 1 Hardly at all
- 5a. In the near future, is it likely that your family's interaction with people and places in your community will ... ? (check ✓ one) S9B5a
 - 5 Greatly improve
 - <u>4</u> Improve
 - 3 Stay about the same
 - <u>2</u> Decline
 - Greatly decline

5b. If improve or decline, why? <u>S9B5b</u>

6. All things considered, how satisfied are you with your family's interaction with people and places in your community? (check ✓one) S9B6

F	14.	
C	verv	satisfied

4 Satisfied

- 3 Neither satisfied or dissatisfied
- 2 Dissatisfied
- 1 Very dissatisfied
- 7. Please provide any additional information or explanations that you would like.

S9B7

10. Overall Family Quality of Life

1. Are there everyday experiences that add to your family quality of life that we have not covered in this survey? S101 2. Are there everyday experiences that take away from your family quality of life that we have not covered in this survey? S102 3. Is there anything else about your family's structure and/or organization that is important to your family quality of life that we have not asked about in this survey? S103 Is there anything else that is important to your family quality of life that we have not asked 4. about in this survey?

S104

 Overall, how would you describe your family's quality of life? (check ✓one) S105

- 5 Excellent
- 4 Very good
- 3 Good
- 2 Fair
- 1 Poor

6. Overall, how satisfied are you with your family's quality of life? (check ✓one) *S106*

- 5 Very satisfied
- 4 Satisfied
- 3 Neither satisfied or dissatisfied
- 2 Dissatisfied
- 1 Very dissatisfied
- 7. Finally, what things do you think could improve your family quality of life?

S107

Thank you for completing the Family Quality of Life Survey.