

“Providing Support and Care at a Distance”



Do you provide help, support or care to an adult family member or friend who lives at a distance from you?

If so, we would like to invite you to take part in a research project called ‘Providing Support and Care at a Distance’. The research will help us to better understand the experiences and needs of people providing help and support at a distance from the person they care about. These experiences may be different to those of people who care for someone they live with or who lives locally.

You are invited to take part in the research if:

- **You are aged 18 or over**
- **You provide help, care or support to another adult (aged 18 or over), living in the UK, who lives at a distance from you (that is, it takes at least 1 hour to travel to see them), or you have provided this kind of support in the past 2 years.**

The person you support may need help due to old age; dementia; a learning, physical or sensory disability; mental health needs; ill health or frailty. They may live in their own home or a care home.

You can take part in the research by completing a confidential online questionnaire. This is available at <https://hull.onlinesurveys.ac.uk/supporting-and-providing-care-at-a-distance>. If you prefer, the researchers can send you a paper copy of the questionnaire along with an SAE for your response (please see below for our contact details). The questionnaire will ask you about the kinds of help and support you provide; any challenges you experience; the things that help you provide support from a distance. All questions are optional; you can provide as little or as much information as you wish.

The research is being carried out at the University of Hull by Caroline White, Jane Wray and Clare Whitfield. Please contact Caroline White at c.white@hull.ac.uk or on 01482 463830 if you would like more information about the research or if you would like to receive a copy of the questionnaire. You can also follow us on Twitter at @dist_care