



Carers' Time Use Study – Information Sheet for Online Participants

We are a team of researchers based jointly at the University of Stirling and the University of Southampton. We are working together on a research project funded by the Economic and Social Research Council (ESRC) which aims to find out about how people who provide unpaid care (sometimes called informal or family care) for older people use their time and about the tasks and activities that they do with and/or for the person that they are caring for. We would like to invite you to take part in this research, but before you decide we would like to explain why the research is being done and what it might involve for you.

Before you agree to take part in the research, we would like you to read this information sheet, and if you have any questions please get in touch with one of the research team whose details are provided at the end.

What is this research for?

The purpose of this research is to develop a better understanding of unpaid care for older people by collecting data on how people in caring partnerships use their time. By doing this we can help to improve questions on unpaid care that are asked in large scale surveys. Results from such surveys inform policy development, so this research will help policy makers to decide how best to support those people who provide unpaid care for older people in the future.

This stage of the research involves completion of a time use diary for a maximum of 2 weeks, to learn more about how people in caring partnerships use their time. The diary has been co-produced by the University of Stirling team and local carers of older adults. Alongside the

data collected from the online survey, we will be completing interviews in Scotland, England, and Wales with carers using the paper-version of the diary. People who participate online will be asked to complete surveys instead of interviews.

What is my involvement in the research?

We would like to invite you to complete an online 'time use diary' for seven consecutive days to enable us to learn more about your care activities.

Before the time use diaries begin, we will send you a link to a survey in which we will ask you some general questions about yourself and the person you support. This will help us understand more about your circumstances and the similar and different experiences carers have. You do not have to answer any of the questions if you do not wish to.

You will then receive links via email for seven consecutive days to an online 'time use diary'. The online time use diary asks you to record the care activities you completed in a day and details such as, how long they took, and whether or not they were planned.

We would like you to complete online time use diaries for as many days as possible within the seven day period.

After the last online time use diary we will send you a link via email to a final survey. This survey will ask you about your experiences of completing the time use diary. This will enable us to improve the diary for use in future research.

We will also ask you if you would be prepared to complete another week of time use diaries for us approximately three months after the first week. This is so we can understand the ways in which people might use their time supporting someone differently at different times of year.

Your participation is voluntary and you will be free to decline to answer any question or to withdraw from the study at any time without giving a reason.

What will happen to the information I give?

All the information we collected will be treated in confidence, stored securely, and accessed only by the project team. Any identifying data will be removed, kept separately from other information, and treated confidentially.

An anonymised version of the information that you provide online will be kept by the University of Stirling for ten years in line with data protection requirements. A copy of the anonymised dataset may be archived with the Economic and Social Data Service (ESDS), and may be used again in the future by other researchers.

If at any time during the study you wish to stop taking part, or you are unable to continue, all of the information collected about you up to that point will be retained and may be used in the study unless you opt out of this on the consent form, in which case all information up to that point will be removed and destroyed.

Will the research benefit me?

We cannot promise that the research will benefit you directly, but we hope that by providing better information for policymakers on which to base their decisions our findings will ultimately benefit all those who provide unpaid care for older people.

What do I do now?

If you would like to take part in the research, or if you wish to discuss the study further prior to making a decision, please contact the appropriate member of the research team via e-mail or telephone:



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Further information

If at any time you have any concerns or issues regarding the research you can discuss these with:

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Thank you for taking the time to read this information sheet. If you are happy to take part please continue with your online survey and provide your consent.