

# Live Well for People with a Learning Disability and/or Autism

## Questionnaire for families and carers of people with a learning disability and/or autistic people



The North East and Cumbria Learning Disability Network and Skills for People are asking for your help.



We want to create a positive social media presence across the North East and Cumbria. We want to connect people with a learning disability and/or autistic people, families and carers.



To help us shape the project we are asking people with a learning disability and/or autistic people, families and carers to tell us what they think.



To do this we have a questionnaire specifically for people with a learning disability and/or autistic people and this questionnaire for family and carers.



People with lived experience of learning disability and/or autism will be employed to lead the project.



### What is a social media presence?

This is using the internet and different platforms such as Facebook and Instagram to share information, ideas and inspiration.



We want our social media presence to help people Live Well. We want there to be more positive stories, films and pictures of people with lived experience on social media.



We would like to ask you some questions.

Your answers will help us develop the Live Well social media project.



If you want help to answer the questions you can contact **Skills for People**.

Email [Information@skillsforpeople.org.uk](mailto:Information@skillsforpeople.org.uk)

Phone: 0191 281 8737



All the information you share will be confidential.

This means we will not tell anyone your name or contact details.



You can fill in the questionnaire by:

Print and write your answers on the questionnaire



Completing it on your computer, tablet or phone



Phone us and ask for a copy to be posted to you at home - [0191 281 8737](tel:01912818737)

## Our Live Well social media project questionnaire

**This questionnaire is for family and carers who support  
people to access the internet or social media**

Please answer the questions

If you are completing on your computer click on the box to  
answer



If you have printed tick the box to answer



Firstly, we would like to know who you support to use  
the internet and social media

Please tick appropriate boxes

- Family
- Friend
- Person I am paid to support
- Person I support as an unpaid role

The person I support is:

- Male
- Female
- Non binary (not identify as male or female)

Their age is:

- 0-15
- 15-25
- 25-35
- 35-45
- Over 45

I would describe them as having:

- Mild learning disability
- Moderate learning disability
- Severe learning disability

- Profound and multiple learning disability
- Autism and learning disability
- Autism with no learning disability

Tell us about your relationship

- I am a paid carer
- I am an unpaid carer
- I am a family member
- I am a friend

The next set of questions are about how the person you support uses the internet.



Do they use the internet?

- Yes  No  Unsure

How do they use the internet?



Phone



Tablet



Computer or laptop

If they access the internet on a phone, tablet or computer do they share this with other people in their home?



- Yes   No

Do you feel it is important for, the person you support, to have access to the internet and social media?



- Yes   No

What support do they need to access the internet and social media?



They do not need help to use the internet or social media



They need some support to use the internet and social media. This might be to be showing how to log in or help to set up a social media account, but after being shown they can do on my own.



They need lots of support to use social media or the internet. This might be help to turn on the computer or find things they like.



They always need support to use social media or the internet. This might be help to find things they like, help to understand information, help to use technology or help to remain safe.

If you want to tell us more about the support you give do it here.

Click or tap here to enter text.

Do they have any apps on the phone, tablet or computer they use?



Yes

No

Unsure



If they use any apps can you tell us what ones



Twitter Yes



Facebook Yes



Instagram Yes



WhatsApp Yes



TikTok Yes



YouTube Yes



Zoom Yes



Snap chat Yes



Pinterest Yes



NHS app Yes

Tell us of any other apps they use:

Click or tap here to enter text.





Do they follow any people on social media?

Yes  No  Unsure



Follow friends and family Yes



Follow social media celebrities Yes



Follow sports clubs and teams Yes



Follow make up and fashion Yes



Follow a community organisations  
such as Skills for People Yes



Follow a news channel Yes

Other, please tell us in the box

Click or tap here to enter text.

## What things do they like to do on social media?



Listen to podcasts Yes



Watch videos Yes



Watch live streams/live videos Yes



Join online groups/classes Yes



Read information Yes

## Other, please tell us in the box

Click or tap here to enter text.

We want to understand if people have worries about using social media or the internet with the people they support.



Do you have any worries?

Yes  No  Unsure

What are you most worried about?

Click or tap here to enter text.





Do worries about social media stop you doing things online?

Yes  No  Unsure

What things do your worries stop you doing?

Click or tap here to enter text.

If you had a worry about using social media or the internet with the person you care for, who would you ask for help?

Click or tap here to enter text.



As part of our Live Well social media project we will cover lots of different topics.

Please tell us 3 things you think the person you care for would like us to post about.

1. Click or tap here to enter text.

2. Click or tap here to enter text.

3. Click or tap here to enter text.



In this space, please tell us any other information or ideas you think might be helpful in developing the Live Well social media project.

Click or tap here to enter text.



**Thank you** for completing this questionnaire

Please send it to:



[information@skillsforpeople.org.uk](mailto:information@skillsforpeople.org.uk)

or



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