



THE UNIVERSITY OF
NEWCASTLE
AUSTRALIA

Caring for those who care:

A global survey of the health behaviours and health-related needs of informal caregivers

*Professor Billie Bonevski
Dr Alyna Turner
Miss Alexandra Denham*

*Professor Amanda Baker
Professor Parker Magin*

*Professor Neil Spratt
Dr Olivia Wynne*

*Dr Ashleigh Guillaumier
Dr Christopher Oldmeadow*

An invitation to participate in research

You are invited to participate in the research project identified above, which is being conducted by a team of researchers led by Professor Billie Bonevski from the Faculty of Health and Medicine at the University of Newcastle. This project has been approved by the University's Human Research Ethics Committee, Approval No. H-2017-0312.

Why is the research being done?

Informal caregivers of people who have a diminishing physical ability, a debilitating cognitive condition or a chronic life-limiting illness, such as spouses and family members, may experience a change in lifestyle after they take on the caregiving role. These may be lifestyle changes such as time spent exercising, or time available for leisure activities. Being a caregiver can at times be hard and even overwhelming, and we are interested in hearing about your needs as an informal caregiver.

With this information, we will be able to develop helpful tools and resources to support caregivers in achieving healthier lifestyles, and address their unmet needs. This will also be the first study to examine an international profile of caregivers in terms of health behaviours and needs.

Who are informal caregivers?

Informal caregivers are family members and friends who provide physical, emotional and/or day-to-day support with someone who has a diminishing physical ability, a debilitating cognitive condition or a chronic life-limiting illness.

What will you be asked to do?

If you agree to participate, you will be asked to complete an online survey about your health behaviours and needs as an informal caregiver.

The survey should take about 15 minutes to complete.

If you wish to complete the online survey

Please visit the following link to complete the online survey:

https://ands.newcastle.edu.au/quon/public/health_of_caregivers

Please find our study social media here:

Facebook:

<https://www.facebook.com/UONengage/photos/a.1430062440566019.1073741830.1430036077235322/1992623040976620/?type=3&theater>

Twitter:

https://twitter.com/Uni_Newcastle/status/974487960749006849

We ask that you consider sharing this study between friends, on social media and forums so that we may reach as many informal caregivers as possible.

Who can participate in this research?

Participating in this research is suitable for you if you are:

- Aged 18 years and over
- Comfortable participating in English
- An informal caregiver of a person with a health concern requiring in-home care. This includes spouses, family members and friends.

Contact the research team

Please do not hesitate to contact the research team if you have any further questions about our study.

Please contact the team by e-mail at HealthOfCarers@newcastle.edu.au

Thank you!