

Are you in control of your life?

Take our Quiz to find out.
Great prizes to be won!

Time to get equal

scope

About cerebral palsy.
For disabled people achieving equality.

**disability
NOW**
your rights, your voice, your life

The 2008 Scope Quiz

Have you ever thought how much you are in control of your life? How much freedom do you have to do what you want, when you want to? Well, now you can find out.

- By answering just twenty simple questions, you will be able to see at a glance how much independent control you have of your life.
- If you want some ideas on how to have more control in your life, you can get some helpful information from Scope.
- Don't worry, we won't use names or personal details and any confidential information you send to us will be securely stored and only used anonymously.
- We can use the answers to tell politicians and policy makers what it is really like to be a disabled person. This is important, as very often non-disabled people either don't know about the lives of disabled people, or make wrong assumptions. So this is your chance to set the record straight!
- The quiz is easy to complete. All you have to do is answer each question by ticking one of the four boxes.
- Please send your completed quiz back to Scope by Freepost (see page 6) or online or via email.
- By completing the quiz, you enter a prize draw, with a chance to win a great prize. You could win one of five DAB digital radios, one of five portable DVD players or an annual subscription to the new-look *Disability Now*.
- If you want to complete the quiz online please go to **www.scope.org.uk/disablism/audit**
- Or you can request an email version from **scopequiz@scope.org.uk**
- If you would like the quiz in an alternative format, or would like extra copies, please call Scope on **020 7619 7256**
- If you would like help to complete the quiz, you can call Scope Response free on **0808 800 3333**. If you have a communication impairment and want to use a text phone, then please use Type Talk by dialling **18001** from your text phone, followed by **0808 800 3333**
- Also if you want help you can text. You need to send the text **SCOPE** followed by **'Scope Quiz'** to 80039, free of charge.

Please tick just one box for each question.

1 How much choice and control do you have over what happens in your life?

- A A lot of choice and control
- B Some choice and control
- C Little choice and control
- D No choice and control

2 Do you get enough help and support from other people to be independent (eg. do most things when you want to)?

- A Yes
- B Most of the time
- C Sometimes
- D Rarely/never

3 Do you have enough money (eg. wages, pension, savings allowances or benefits) to buy the things you need?

- A Nearly always
- B Quite often
- C Not very often
- D Rarely/never

4 Do you have the skills you need for day-to-day living (eg. to manage money, to understand important information, to get a job, to know where to get help or advice)?

- A All the skills
- B Most of the skills
- C Some of the skills
- D None of the skills

5 How often do you have opportunities to try new things and/or learn new skills?

- A All the time
- B Quite often
- C Not very often
- D Rarely/never

6 Do you have a healthy lifestyle with a healthy diet and regular exercise?

- A Yes
- B Most of the time
- C Some of the time
- D No

7 How confident are you in dealing with day-to-day things?

- A Very confident
- B Fairly confident
- C Not very confident
- D Not confident at all

8 Do you feel safe and secure at home and in your local community (during the day and at night)?

- A Nearly always
- B Quite often
- C Not very often
- D Rarely/never

9 Do you feel able to take part in community events, groups or leisure activities near you?

- A Yes
- B Quite often
- C Not very often
- D Rarely/never

10 How regularly do you see people that you enjoy spending time with (eg. friends or family members)?

- A Very regularly
- B Quite regularly
- C Not very regularly
- D Rarely/never

11 How many of the people you know do you think respect you and treat you well?

- A All of them
- B Most of them
- C Some of them
- D None of them

12 How easy is it for you to get your views and opinions listened to?

- A Very easy
- B Fairly easy
- C Fairly difficult
- D Very difficult

13 How easy is it for you to do things spontaneously (eg. go out for a meal, invite friends round, go shopping)?

- A Very easy
- B Quite easy
- C Quite difficult
- D Very difficult

14 Do you think about the future and plan your life ahead?

- A Often
- B Quite often
- C Not very often
- D Never

15 How often do you feel happy and content?

- A Nearly always
- B Most of the time
- C Some of the time
- D Not very often/never

16 Do you have the opportunity to explore your sexuality or have a sexual partner?

- A Yes
- B Quite often
- C Not very often
- D Rarely/never

17 How likely is it that you could have children if you wanted to (including adopting or fostering)?

- A Very likely/I have children
- B If I meet the right person
- C Not likely
- D Little or no chance

18 How easy is it to get the information you need to make informed choices?

- A Very easy
- B Fairly easy
- C Fairly difficult
- D Very difficult

19 How much fun do you have in your everyday life?

- A Lots of fun
- B A fair bit
- C Some fun
- D Very little

20 What do you think your quality of life will be like in five years?

- A Much better
- B A bit better
- C The same
- D Worse

Thank you!

Your details

Thanks for taking part in our quiz. If you'd like the chance to win a great prize in our Prize Draw and also help Scope learn more about disabled people's experiences, please spend a couple of minutes giving us your personal details.

We won't use names or personal details and any confidential information you send to us will be securely stored and only used anonymously.

The entries for the Prize Draw will close on 31 May 2008 and the draw will be made during Scope's Time to Get Equal Week (9–15 June 2008).

Winners will be notified by post and the results will be published in *Disability Now*.

Can you describe your impairment?

(Please tick more than one box if necessary)

- Hearing impairment/deaf
- Physical/mobility
- Visual impairment
- Learning difficulty (including dyslexia)
- Mental health condition
- Communication/speech impairment
- Long-term medical condition (eg. MS, asthma, epilepsy, HIV/AIDS)
- Cerebral palsy
- Autistic spectrum condition
- Other – please specify

-
- Don't wish to disclose
 - No impairment

Age

- Under 16
- 16–29
- 30–49
- 50–64
- 65–80
- 80+

Levels of (additional) support

How much extra support do you need each week to help you with day-to-day tasks eg. washing and dressing, shopping, cooking, reading the post, going out? This support could be from a family member, a friend or an employed personal assistant or carer.

- None
- Less than 7 hours a week
- 7 to 14 hours a week
- 15 to 28 hours a week
- More than 28 hours a week

Location

Please put city, town or county and postcode.

City

Town/county

Postcode

Gender

- Male
- Female

Dependants

- Are you a parent?
- If yes, are any of your children disabled?

Sexual orientation

What is your sexual orientation?

- Heterosexual/straight
- Bisexual
- Gay man
- Gay woman/lesbian
- Don't know
- Don't wish to disclose

Ethnicity

- White
- Mixed heritage
- Black or Black British
- Asian or British Asian
- Chinese/other ethnic group
- Other – please specify

Current work status

Please tick more than one box if necessary

- Full-time employment
- Part-time employment
- Full-time education
- Part-time education
- Full-time voluntary work
- Part-time voluntary work
- Seeking employment
- Retired
- Carer
- Not currently in employment,
training or education

What to do next

For the chance to win a great prize, please send your completed quiz back to us. Just put it in an envelope and write this Freepost address on the front:

**Scope Quiz, Freepost LON 8654,
London N7 9BR**

*If you wish to enter the Prize Draw, please make sure you have completed the fields marked with a star.

If you would like to take part in similar quizzes and surveys that help Scope to learn about the lives and experiences of disabled people, please register below.

Yes I would like to register to take part in similar quizzes and surveys

I would like a copy of the findings

Signed

Name*

Address*

Phone*

Email*

**Thank you once again for taking the time to
complete this survey.**

By submitting personal information to us, you consent to our collection and use of it. We will not sell, trade or rent your personal information to third parties. We will disclose statistics about those who have submitted surveys and related information in the final report, but we will not include information which could enable you to be identified.

How to calculate your score

Every question you answered with **A** gets 5 points

Every question you answered with **B** gets 3 points

Every question you answered with **C** gets 2 points

Every question you answered with **D** gets 1 point

Total questions with **A** = x 5 points =

Total questions with **B** = x 3 points =

Total questions with **C** = x 2 points =

Total questions with **D** = x 1 point =

Grand total out of 100 =

How in control are you?

- If you scored between 70–100 points you are very independent!
- If you scored between 50–69 points you are fairly independent.
- If you scored between 30–49 points you are not very independent.
- If you scored 29 points or fewer you are not very independent at all.

Help on independent living

For information, help and advice about living independently, please visit

www.scope.org.uk/independentliving or call Scope Response on **0808 800 3333** or text **SCOPE** followed by your message to **80039**

Scope

You can support Scope's work in a number of ways by going to **www.scope.org.uk/support**

For information and advice on cerebral palsy, disability issues and Scope's services, visit Scope Response at **www.scope.org.uk** or call **0808 800 3333** or text **SCOPE** followed by your message to **80039**

If you want to complete the quiz online please go to **www.scope.org.uk/disablism/audit**

Or you can request an email version from **scopequiz@scope.org.uk**

If you need the quiz in an alternative format, or would like extra copies, please call Scope on **020 7619 7256**



Scope is a registered charity

www.scope.org.uk

Time to get equal

scope

About cerebral palsy.
For disabled people achieving equality.

**disability
now**
your rights, your voice, your life