

Pre: Interview

Interviewers' telephone/ email introduction following first contact by interviewee:

- Briefly outline the project: e.g. *"Between job and care - a European comparison"* is interested in your personal experience, the difficulties you encounter, and the strategies you use when trying to reconcile the caring task with your work. We want to hear suggestions of how to modify the current situation to make combining work and care less problematic.
- The information obtained in this interview will be treated confidentially and your name and any details that may reveal your identity will not be included in the report.
- The interview will last around 1-1.5 hours and will be tape recorded with your consent.
- If they still want to participate, fill in the following:

Documentation of the first contact with the carer via the telephone/ email		
Date of contact		
Mode of recruitment		
Name		
Hours of care (per week)		
Hours of work (per week)		
Age of care recipient (min 60 year old)		
Highest education level achieved		
Household structure	Single	
	Couple, both working	
	Couple, one working	
Telephone number		
E-mail		
Date and time for the interview		
Location for the interview (including address, if relevant).		

The Interview: Topic Guide

- Re-iterate purpose of project (should also be included in the consent form).
- Request permission to use tape recorder and ask them to sign two consent forms; one for them to take away (with your contact details) and one for your records.
- Icebreaking: warm up the interview with light conversation before starting. This will be context-specific- their journey to the location of the interview, the local area, etc.

<p>(1) Care History: Can you tell me something about your role providing care- how did this come about? /</p> <p>(1) Care History: Can you tell me something about your actual care situation- how did this come about?</p>	
<p>Why did you start to provide care?</p>	<ul style="list-style-type: none"> - Who do you care for? - When did you start to provide care? - Are you the main carer? - Why do you provide care? Not another family member? - How often? How many hours per week? - What tasks do you undertake? - Why do <u>you personally</u> provide care? - How do you feel about the care you provide?
<p>Where does the person you care for live?</p>	<ul style="list-style-type: none"> - With you? - Have they always lived with you? - At what point did they move in with you? - If not, how far away and where (e.g. residential home)?
<p>Who (else) do you live with?</p>	
<p>Do you provide care for anyone else?</p>	<ul style="list-style-type: none"> - Children?

(2) Work and work history: Can you tell me about your current work situation?	
Could you describe your current job situation?	<ul style="list-style-type: none"> - Level of education; - Job type; - Self-employed; - Information on enterprise (size, private/ public. international); - Weekly working hours (official, unofficial).
What job were you doing before you began to provide care?	See above re. job type etc.
Does providing care affect you at work on a day-to-day basis in any way?	<ul style="list-style-type: none"> - Colleagues; - Line manager; - Time; - Concentration. <div style="display: inline-block; vertical-align: middle; margin-left: 20px;"> } Do they know you provide care? How are relationships affected? </div>
Has providing care affected your career path in any way?	<ul style="list-style-type: none"> - Type of job (including possible change of job); - Lost promotion prospects, opportunities for training etc; - Income loss; - Prospective loss of retirement pay/ pension.

(3) Costs, conflicts and care: Could you describe the impact of combining work and care on your life?	
Has combining work and care affected the care you provide in any way?	<ul style="list-style-type: none"> - Person receiving care wants you to spend more time with them? - Hard to satisfy their care needs? - Financial costs of care?
Has combining work and care affected your family in any way?	<ul style="list-style-type: none"> - In terms of competing demands; - In terms of support/ help; - Less time to spend with your family/ partner? - Tension/ arguments?
Has combining work and care affected your social life in any way?	<ul style="list-style-type: none"> - Less time or resources for hobbies/ leisure/ socializing?
Has combining work and care affected your health/ wellbeing in any way?	<ul style="list-style-type: none"> - No relaxation; - Heavy lifting; - Disturbed sleep; - Illness.
How do you evaluate your financial circumstances?	<ul style="list-style-type: none"> - Affected by work/ care/ combining work and care?
Have you ever considered giving up EITHER your job <u>or</u> care?	<ul style="list-style-type: none"> - If yes, why? - Why have you stayed in employment/ caring? - At what point would you consider giving up work <u>or</u> care?

(4) Strategies: What support/services do you use to overcome these problems (or at least attempt to) and reconcile work and care?	
Do you receive any support from.....?	<ul style="list-style-type: none"> - Family; - State; - NGO; - Private care including migrant... - ... <div style="text-align: right; margin-right: 20px;">  </div> <div style="display: flex; justify-content: space-between;"> <div style="width: 60%;"> <p><i>If yes...</i></p> <ul style="list-style-type: none"> - Who? - How much? - What do they help you with? - Why? <p><i>If no...Why not?</i></p> </div> <div style="width: 35%;"></div> </div>
Does your workplace help you combine work and care? How?	<ul style="list-style-type: none"> - Policies/ assistance available in the enterprise/ workplace? - Difference between written formal policies <i>versus</i> policies in practice? - Are informal policies used, on the basis of line manager discretion? - Is your line manager supportive? - Are your colleagues supportive?
Do you receive assistance with caring from anywhere else?	
Which of the above/ aforementioned is most relevant/ important to you?	

(5) What could make reconciling work and care easier?		
(Improved) from...	Help	<ul style="list-style-type: none"> - Your workplace? - State policies and services? - Voluntary sector/ NGOs? - Private sector e.g. migrant care workers? - Family and friends? - Other?

(6) Wrapping up:		
<p>- What is the most difficult aspect of combining work and care for you? What is the most positive aspect of combining work and care?</p>		
<p>- If you look back, what would you have done differently?</p>		
<p>- In the light of your experience, if you met someone combining work and care, what advice would you give them?</p>		
<p>- What do you do to unwind/ take timeout?</p>		
<p>- What are your wishes for the future? In a year's time?</p>		

Post-Interview: Questionnaire

Carer

1. Are you: Male Female

2. Year of birth:

3. What is your marital status?

Single Widowed Married/
co-habiting/
civil partnership
Divorced/ separated In a relationship
Prefer not to answer

4. Who do you live with?

With a partner With children
With parent/s or
parents-in-law Alone
Other (please specify)

5. If you live with children under 16, how many and what are their ages: Number of children:
Ages:

6. What is your occupation?

7. Highest level of qualification/ education achieved

8. What is your spouse's/ co-habiting partner's occupation/ employment status? (if applicable)

Employed as... .. Unemployed
Retired Housewife/ husband

9. How many hours per week does your partner work (if applicable)?

10. Is your partner caring as well (if applicable)?

Yes No

11. How many hours per week do they provide care?

(if applicable)

Cared for person

1. Sex of the cared for person Male Female

2. What is your relationship with the person you care for?

Partner/ spouse Parent/ Grandparent
 Parent-in-law

Aunt/ uncle Sibling Friend/ neighbour

Other (please specify) _____

3. How old is s/he? _____

4. Does s/he live with you? Yes No

5. If no, where do they live? _____

6. What caused the care need (illness, accident)? _____

7. How long have you been caring for this person? _____

8. How many hours per week do you care for this person? _____

(only applicable if caring for more than one person)

Additional Cared for person/s (not children; 60+ or under 60 with a disability)

1. Sex of the cared for person Male Female

2. What is your relationship with this person you care for?

Partner/ spouse Parent/ Grandparent
 Parent-in-law

Aunt/ uncle Sibling Friend/ neighbour

Other (please specify) _____

3. How old is s/he? _____

4. Does s/he live with you? Yes No

5. If no, where do they live? _____

6. What caused the care need (illness, accident)? _____

7. How long have you been caring for this person? _____

8. How many hours per week do you care for this person? _____

(only applicable if caring for more than one person)

Additional Cared for person/s (not children; 60+ or under 60 with a disability)

1. Sex of the cared for person Male Female

2. What is your relationship with this person you care for?

Partner/ spouse Parent/ Parent-in-law Grandparent

Aunt/ uncle Sibling Friend/ neighbour

Other (please specify) _____

3. How old is s/he? _____

4. Does s/he live with you? Yes No

5. If no, where do they live? _____

6. What caused the care need (illness, accident)? _____

7. How long have you been caring for this person? _____

8. How many hours per week do you care for this person? _____

(only applicable if caring for more than one person)