

Parental Social Support Survey Template

All questions are optional. Follow each question's directions.

Write your answers to the open questions in the space provided.

Think about support available to you as a parent or caregiver during the past four weeks. Every question is optional. Do not name other people or provide private information about a child. This questionnaire helps plan services; it is not an application for immediate help.

1. When you needed practical help with parenting responsibilities, how often was suitable help available?

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always
- ☐ I did not need this help
- ☐ Prefer not to answer

2. When you wanted someone to listen, how often was a suitable person available?

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Always
- ☐ I did not want this support
- ☐ Prefer not to answer

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3. How easy was it to find information you could use for a parenting question?

- ☐ Very difficult
- ☐ Somewhat difficult
- ☐ Neither easy nor difficult
- ☐ Somewhat easy
- ☐ Very easy
- ☐ I did not look for information

4. Overall, how well did the available support fit what you needed?

- ☐ Not at all well
- ☐ Slightly well
- ☐ Moderately well
- ☐ Very well
- ☐ Extremely well
- ☐ I did not need support
- ☐ Prefer not to answer

5. What is the main difficulty you face when trying to get support?

- ☐ No suitable person or service
- ☐ Times do not work
- ☐ Cost
- ☐ Travel or access
- ☐ Unsure where to ask
- ☐ Uncomfortable asking
- ☐ Another difficulty
- ☐ No current difficulty
- ☐ Prefer not to answer

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6. Which type of support would you most like the program to explore?

- ☐ Practical help or referral information
- ☐ A chance to talk privately
- ☐ A parent peer group
- ☐ Clear local resource information
- ☐ Flexible online sessions
- ☐ Another type
- ☐ None at present
- ☐ Not sure

7. What would make the support you want easier to use?
