

## Veterans Health Administration

# Understanding PTSD for Family Caregivers: Feedback Survey

This information is collected in accordance with section 3507 of the Paperwork Reduction Act of 1995. Accordingly, we may not conduct or sponsor and you are not required to respond to a collection of information unless it displays a valid OMB number. We anticipate that the time expended by all individuals who complete this survey will average 10 minutes. This includes the time it will take to read instructions, gather the necessary facts and fill out the form. Customer satisfaction surveys are used to gauge customer perceptions of VA services as well as customer expectations and desires. The results of this survey will lead to improvement in the quality of service delivery by helping to shape the direction and focus of specific programs or services. Completion of this form is voluntary and failure to respond will have no impact on benefits to which you may be entitled.

- 1) PURPOSE OF SURVEY:** VA is interested in feedback on the education programs it offers to Caregivers. Please take a moment to let us know your thoughts on the education program you recently attended as well as suggestions for future Caregiver education programs.
- 2) SELECTION:** You were selected to receive this survey because you attended the Understanding PTSD for Family Caregivers program.
- 3) TIME:** The survey is estimated to take **10 minutes** to complete.
- 4) QUESTIONS:** For **content-related questions**, please contact **Paul Holmes** at [Paul.Holmes2@va.gov](mailto:Paul.Holmes2@va.gov)
- 5) HELP:** If you have **technical difficulty** with this survey, please send a message to [Nital.Patel@va.gov](mailto:Nital.Patel@va.gov)

**How would you describe your role as a Caregiver?**

- Spouse
- Parent
- Child
- Friend
- Other

**Please type in your role:**

Please indicate your level of agreement with the following statements regarding the "Understanding PTSD for Family Caregivers" program.

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I would recommend this program to other Caregivers of Veterans	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The content presented met my needs.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The setting was conducive to my ability to learn.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I learned something new from the training program	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was satisfied with the length of this Caretaker Education program	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was satisfied with the format of this Caregiver Education Program	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Overall, I was satisfied with the program.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Please check the top three ways you would like future Caregiver education programs to be delivered.**

- Live Broadcast with other Caregivers participating
- Webinar at a VHA site with other Caregivers participating
- Webinar accessed from home computer
- Telephone Conference call with Power Points
- Live Stream to home computer
- Other

**What other way would you like future Caregiver education programs to be delivered?**

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The "Understanding PTSD for Caregivers" program provided information on the following topics. Please indicate both the level of usefulness of each of the topics below as well as whether you have had an opportunity to utilize any of the suggested strategies.

	<b>Usefulness of Information</b>						Did you try to use this information after attending the program?
	Not Useful	Somewhat Useful	Moderately Useful	Useful	Very Useful	Not Applicable	
Common Barriers to Treatment (lack of awareness, stigma, fear)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Resiliency (social support, role models, purpose)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
PTSD Symptoms & Triggers (irritability, withdrawal, TV, crowding)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Responses to Nightmares (calm voice, no touching)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Responses to Anger (understand cause no confrontation)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Stress Management (relaxation exercises, practice together daily)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Grounding (focus on the here and now)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____
Treatment Options (trauma focused, family and couples therapy etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____

**Please indicate the level of importance for the following components of the Caregiver education program.**

	Not Very Important	Somewhat Important	Moderately Important	Important	Very Important
The "Question and Answer" section of the program	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The presence of a VA mental health provider at your group meeting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The presence of other Caregivers in the room	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Please rank the importance of the following topics to your individual needs. Please indicate your ranking from 1 to 5 with "1= Most Important" and "5= Least Important". Please use each number only once.**

- \_\_\_\_\_ Children living with a Parent with PTSD
- \_\_\_\_\_ Traumatic Brain Injury
- \_\_\_\_\_ Respite Care
- \_\_\_\_\_ Education Benefits for Veterans Caregivers and Children
- \_\_\_\_\_ Employment

**If you think there are other topics that should be considered for future Caregiver programs, please specify below.**

**How often should we provide these trainings?**

