



# Young Carer Statement

## About Me:

My First Name: \_\_\_\_\_

My Last Name: \_\_\_\_\_

My D of B: \_\_\_\_\_

I am: Male  Female  Non-Binary

Ethnicity: \_\_\_\_\_

House \_\_\_\_\_

Number/Name \_\_\_\_\_

Street \_\_\_\_\_

Town/Village \_\_\_\_\_

Postcode \_\_\_\_\_

Phone Number \_\_\_\_\_

Mobile Number \_\_\_\_\_

My School is: \_\_\_\_\_

\_\_\_\_\_

I.D Number (Office Use)

I'm Not  
Just a  
Carer...

(List or draw  
about things  
you like or are  
interested in).





Below are some jobs that young carers do to help. Think about the help you have provided over the last month. Please read each one and put a tick in the box to show how often you have done each of the jobs in the last month.

## The caring jobs I do

	Never	Some of the time	A lot of the time
1. Tidy / dust your own bedroom			
2. Hoover your own bedroom			
3. Hoover other rooms			
4. Tidy / dust other rooms			
5. Lay the table			
6. Make snacks			
7. Make main meals			
8. Wash up dishes or put dishes in a dishwasher			
9. Wash your own clothes			
10. Wash clothes for other people you live with			
11. Iron your own clothes			
12. Iron clothes for other people you live with			
13. Mow the grass			
14. Weed or look after the garden			
15. Do repairs to the home			
16. Decorate rooms			
17. Take responsibility for shopping for food			
18. Help with lifting or carrying heavy things			
19. Help with paperwork e.g. writing letters for someone, filling in forms			
20. Help with financial matters such as dealing with bills, banking money, collecting benefits			
21. Work part time to bring money in			

	Never	Some of the time	A lot of the time
22. <b>Interpret for someone because English is not their first language</b>			
23. <b>Signing for someone you live with because they are hearing impaired</b>			
24. <b>Give medicines to someone you live with e.g. making sure s/he takes their pills, giving injections, changing dressings</b>			
25. <b>Prepare special food or diet because of medical needs of the person you care for</b>			
26. <b>Take someone you live with to the doctors or hospital</b>			
27. <b>Help someone to walk, get up the stairs, get into and out bed</b>			
28. <b>Help someone you live with to dress or undress</b>			
29. <b>Help someone you live with to have a wash</b>			
30. <b>Help someone you live with to have a bath or shower</b>			
31. <b>Help someone you live with to shave</b>			
32. <b>Help someone you live with to cut their nails</b>			
33. <b>Help someone you live with to use the toilet</b>			
34. <b>Help someone you live with to eat and drink</b>			
35. <b>Keep someone you live with company e.g. sitting/playing with them, reading/talking to them</b>			
36. <b>Keep an eye on someone you live with to make sure they are alright</b>			
37. <b>Take someone you live with out e.g. for a walk or to see friends or relatives</b>			

	Never	Some of the time	A lot of the time
38. <b>Taking brothers or sisters to school</b>			
39. <b>Look after brothers or sisters whilst another adult is near by</b>			
40. <b>Look after brothers or sisters on your own</b>			
41. <b>Talking with officials (e.g. doctor or benefits office) about the person you care for</b>			
42. <b>Miss out on sleep e.g. have to get up in the night or stay up late in order to look after someone</b>			
43. <b><i>Anything else?</i></b>			

Thinking about all the jobs you do in the home, including keeping an eye on people, please tell us how many hours of caring you do on a typical day in the week (Monday to Friday)?

How many hours of caring do you do on a typical day at the weekend (Saturday or Sunday)?

At what age did you first start to do caring jobs?

We want to ask you some questions about what caring tasks you like and dislike the most. There are no right or wrong answers to any of the questions; we are just keen to hear what you think.

## What I like and dislike about caring

Which of your caring jobs do you like the most?

Please say why you like this caring job.

Which of your caring jobs do you dislike the most?

Please say why you dislike this caring job.

Which of your caring jobs upsets you the most?

Please say why this upsets you.

What help would you like with your caring? What would you like to see change for you and/or your family?

## Emergencies

Does anyone help you to care? What happens when you are not at home or if you are feeling ill?

In an emergency, is there someone you would like contacted? Please tell us who and how best to contact them (e.g. mobile number and/or address)

Below are some things young carers like you have said about what it feels like to look after someone. Please read each statement and tick the box to show how often this is true for you. There are no right or wrong answers. We are just interested in what life is like for you because of caring.

## How caring affects me

	Never	Some of the time	A lot of the time
1. Because of caring I feel I am doing something good			
2. Because of caring I feel that I am helping			
3. Because of caring I feel closer to my family			
4. Because of caring I feel good about myself			
5. Because of caring I have to do things that make me upset			
6. Because of caring I feel stressed			
7. Because of caring I feel that I am learning useful things			
8. Because of caring my parents are proud of the kind of person I am			
9. Because of caring I feel like running away			
10. Because of caring I feel very lonely			
11. Because of caring I feel like I can't cope			
12. Because of caring I can't stop thinking about what I have to do			

	Never	Some of the time	A lot of the time
13. <b>Because of caring I feel so sad I can hardly stand it</b>			
14. <b>Because of caring I don't think I matter</b>			
15. <b>Because of caring I like who I am</b>			
16. <b>Because of caring life doesn't seem worth living</b>			
17. <b>Because of caring I have trouble staying awake</b>			
18. <b>Because of caring I feel I am better able to cope with problems</b>			
19. <b>I feel good about helping</b>			
20. <b>Because of caring I feel I am useful</b>			

**Is there anything that worries you?**

**How has your health been since you started caring?**



## School or College

In the last 2 weeks of term time, how many days have you missed at school, college or university because of caring?

In the last 2 weeks of term time, how many days were you late for school, college or university because of caring?

Do you ever get into trouble at school? No  Yes   
If yes, what for?

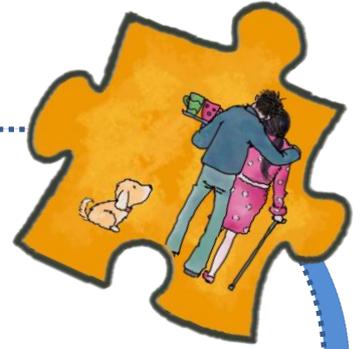
Do you ever get teased, picked on, bullied or ignored? No  Yes

Does school/college know about your caring role? No  Yes

Do you want someone there to know? No  Yes

If your school/college already knows, how do they help you?

# Last Bit!



Who do you care for?

Are they...?

Male

Female

Non-Binary

Do you know their age and

/or Date of Birth?

Do they live with you?

Yes

No

If no, where do they live?

Why do they need care?

Is there anything else you want to tell us?

## For Your Teacher, Social Worker or Carers Link Worker

The table questions within this form are from the **Manual for Measures of Caring Activities and Outcomes For Children and Young People** by Stephen Joseph, Fiona Becker, and Saul Becker.

### “The Caring Jobs I Do” (Known as the MACA Questionnaire)

Each of the items are rated on a 3-point scale, ‘Never’, ‘Some of the time’, and ‘A lot of the time’.

For scoring purposes:

‘Never’ = 0

‘Some of the time’ = 1

‘A lot of the time’ = 2

The lowest the young person can score is 0 and the highest the young person can score is 84. For example, if the young person ticks ‘never’ for each of the 42 items, they would get a total score of 0 but if they ticked ‘a lot of the time’ for each of the items, they would get a score of 84. Of course, most people will score somewhere in between these two extremes. **Higher scores indicate greater levels of caring activity.**

### “How Caring Affects Me” (Known as the PANOC Questionnaire)

This section is designed to assess the positive and negative effects of caring activity. Each item is rated on a 3-point scale, ‘Never’, ‘Some of the time’, and ‘A lot of the time’.

For scoring purposes:

‘Never’ = 0

‘Some of the time’ = 1

‘A lot of the time’ = 2

The table consists of two 10-item subscales: (1) positive responses, and (2) negative responses. Scores on both the subscales have a potential range of 0 to 20, with higher scores indicating greater positive and negative responses, respectively.

To calculate the positive response score: sum items 1, 2, 3, 4, 7, 8, 15, 18, 19, and 20.

To calculate the negative response score: sum items 5, 6, 9, 10, 11, 12, 13, 14, 16, and 17.

### Interpreting scores on the PANOC

	Scores	Interpretation
Positive	0	No positive outcomes reported – potential for concern
	1-12	Relatively few positive outcomes, potential for concern
	13-20	Relatively high positive outcomes reported
Negative	0	No negative outcomes reported
	1-8	Relatively few negative outcomes reported
	9-20	Relatively high negative outcomes reported, potential for concern

The Manual indicates that scores of less than 12 on the positive scale and/or greater than 8 on the negative scale may be indicative of concern, however you should also take into account the wider questions answered throughout the Young Carer Statement.

# What Next?

Your Score for "The Caring Jobs I Do"  
(The Maca Questions).

\_\_\_ / 84

Your Score for "How Caring Affects Me"  
(The PANOC Questions).

\_\_\_ Positive

\_\_\_ Negative

Any particular areas of concern?

## Agreed Actions



1

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2

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3

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4

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5

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Date of Plan

Date of Review

Name of Professional

Job Title

Organisation

Signature of Young Carer