

carers'
resource

Young Carers

Who are Young Carers?

Young Carers are aged 7-18

They are caring for someone they live with who has an **addiction, illness or disability.**



- Autism in siblings 27%
- Other disability in sibs 15%
- Mental health in parents 22%
- Physical Health in parents 30%
- Substance & alcohol misuse 4%

What we do for young carers

- * Emotional support
- * Peer support
- * Respite breaks
- * Mediation/advocacy
- * Raising awareness
- * Employment/education guidance for young adult carers

**DO I
LOOK LIKE
I CARE?**



Young carers have lots of extra responsibilities because they look after a family member with an illness, disability or an addiction.

Assessment

The caring jobs I do

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. **Thankyou.**

MACA-YC18

Please complete this first

YC initials _____
 YC date of birth _____
 Today's date _____
 Name of young carers' service _____

	Never	Some of the time	A lot of the time
1 Clean your own bedroom	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 Clean other rooms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 Wash up dishes or put dishes in a dishwasher	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 Decorate rooms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 Take responsibility for shopping for food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6 Help with lifting or carrying heavy things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7 Help with financial matters such as dealing with bills, banking money, collecting benefits	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8 Work part time to bring money in	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9 Interpret, sign or use another communication system for the person you care for	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10 Help the person you care for to dress or undress	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11 Help the person you care for to have a wash	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12 Help the person you care for to have a bath or shower	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13 Keep the person you care for company e.g. sitting with them, reading to them, talking to them	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14 Keep an eye on the person you care for to make sure they are alright	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15 Take the person you care for out e.g. for a walk or to see friends or relatives	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16 Take brothers or sisters to school	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17 Look after brothers or sisters whilst another adult is near by	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18 Look after brothers or sisters on your own	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MACA-YC18
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 Developed by Carers Trust by Young Carers International Research and Evaluation,
 School of Sociology and Social Policy, University of Nottingham, University Park, Nottingham NG7 2RD.

Multidimensional Assessment of Caring Activities-Young Carers (MACA-YC18)



How caring affects me

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. **Thank you.**

PANOC-YC20

Please complete this first

YC initials _____
 YC date of birth _____
 Today's date _____
 Name of young carers' service _____

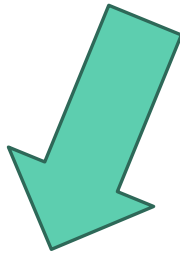
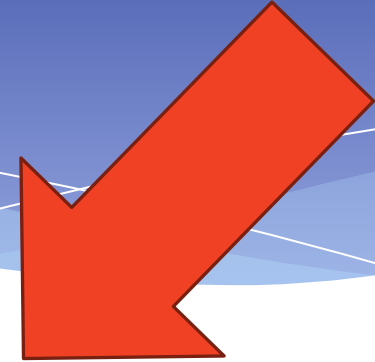
	Never	Some of the time	A lot of the time
1 Because of caring I feel I am doing something good	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 Because of caring I feel that I am helping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 Because of caring I feel closer to my family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 Because of caring I feel good about myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 Because of caring I have to do things that make me upset	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6 Because of caring I feel stressed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7 Because of caring I feel that I am learning useful things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8 Because of caring my parents are proud of the kind of person I am	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9 Because of caring I feel like running away	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10 Because of caring I feel very lonely	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11 Because of caring I feel like I can't cope	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12 Because of caring I can't stop thinking about what I have to do	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13 Because of caring I feel so sad I can hardly stand it	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14 Because of caring I don't think I matter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15 Because of caring I like who I am	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16 Because of caring life doesn't seem worth living	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17 Because of caring I have trouble staying awake	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18 Because of caring I feel I am better able to cope with problems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19 I feel good about helping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20 Because of caring I feel I am useful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PANOC-YC20
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Positive and Negative Outcomes of Caring-Young Carers (PANOC-YC20)



Caring role – Exams – Friends - School - Family



Emotional support, peer support, exercise, time for self

Emotional Support

- * One- to-one support
- * Led by the Young Carer
- * Whole family approach.

Mentoring can focus on:



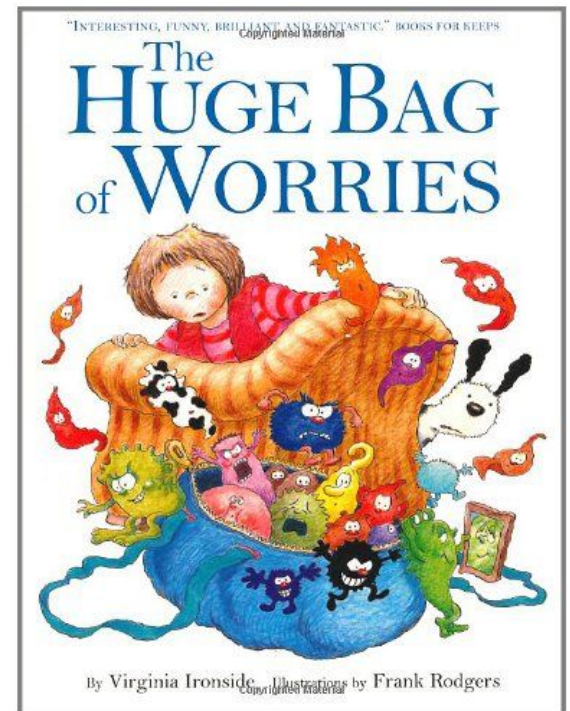
- * Mental health and wellbeing (not CAMHS level)
- * Providing information for the Young Carer about the disability or illness
- * Talking through worries and anxieties
- * Be the bridge of communication between the child and the school or other family members if necessary.

Resources- Worrying

- * Talking about worries in a confidential safe environment can help to start to bring some order to their thoughts.

Tools we use include a book called 'My huge bag of worries'

Other books focus on specific illnesses or disabilities



Resources- Relaxation

Siblings in particular find it important to be able to take themselves away from situations in the home that they find upsetting. We aid this by providing 'relaxation boxes'



Parent Carers



 carers'
resource
you care for them, we care for you

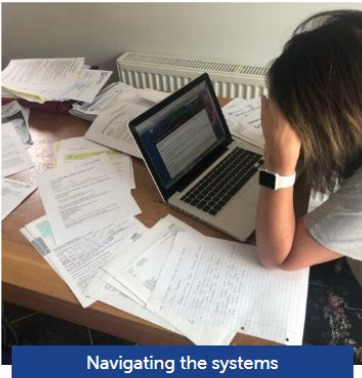
Support for
Parent Carers

Parent Carers

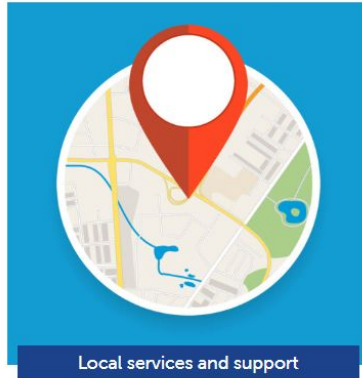
- ★ Locality workers including specialist parent carer workers in Harrogate, Craven and Selby
- ★ 1:1 support and information
- ★ Peer support groups
- ★ Closed Facebook groups for Craven and Harrogate/Selby
- ★ Online information webinars e.g. Converting from DLA-PIP
- ★ Website



Parent Carers



Navigating the systems



Local services and support



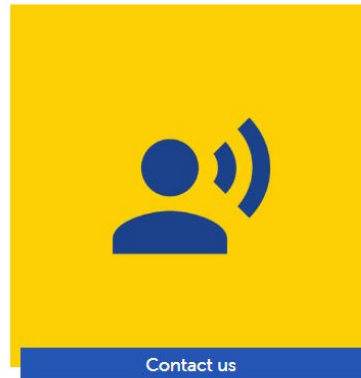
Brothers and sisters



Looking after yourself



Groups, events and social media




Contact us

Lots of information, advice and links to other sources of support can be found 24 hours a day on our website's Parent Carer section

<https://www.carersresource.org/parent-carers/>

Any Questions

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