

Young Carers Assessment Tool – A day in the life

Supporting professional:
Child/young person's Name:
D.O.B:
Age:
Date:

Who do you care for and why:



How did you become a young carer?



Describe what a day looks like for you if mum/dad/brother/sister is having:



A good day -

A bad day -

Can you tell me how this makes you feel?



Do you think what you are doing is too much for a child?

Do you think you miss out on time with your friends or activities you want to do:



What do you think would happen if you did not help/ do you think your family rely upon you?



Is there someone else in the family that could help, how would you feel if someone else were to look after the person you care for?



Do you want to carry on caring? What do you think would help you and the person you care for?



What would you like to gain from doing this assessment today?



Thinking about your caring tasks -

General household tasks	Every day	Some days	Less frequently			
Vacuuming						
Dusting						
Washing up/loading dishwasher						
Washing clothes						
Ironing						
Putting the washing out/in						
Putting the clothes away						
Mopping floors						
Cleaning bathrooms/toilets						
Changing bedsheets, making beds						
Personal care	Every day	Some days	Less frequently			
Help someone to have a wash						
Help someone to have a bath/shower						
Help someone to use the toilet						

Help someone to dress/undress						
Support someone to walk						
Help someone in/out of bed or a chair						
Give medication						
Check a person has taken medication						
Any other care that you consider to be personal						
Emotional support	Every day	Some days	Less frequently			
Support someone because they are upset/anxious						
Worry about someone when you are at school						
Support someone to go out, or go to appointments						
Help someone to make decisions						
Check on someone to make sure they are okay						
Other responsibilities Do you.....	Every day	Some days	Less frequently			
Look after brothers/sisters on your own						
Look after brothers/sisters with an adult nearby						
Take brothers/sisters to school or pick them up						

Get the family shop on your own						
Help with money matters such as paying bills, withdrawing money						
Interpret, sign or help the person you care for to be understood						
TOTAL SCORE	Every day -			Some days -		
	Less frequent -					

Because of caring.....	A lot of the time	Some of the time	Never		
I feel I am doing something good					
I feel that I am helping					
I feel closer to my family					
I feel good about myself					
I have to do things that make me upset					
I feel stressed					
I feel that I am learning useful things					
My parents are proud of me					
I feel like running away					
I feel very lonely					
I feel like I can't cope					
I can't stop thinking about what I have to do					
I feel so sad I can hardly stand it					
I don't think I matter					
I like who I am					
life can be very difficult (describe how you feel)					
I get very tired					
I cope better with problems					
I feel good about helping					
I feel I am useful					

TOTAL SCORE	<ul style="list-style-type: none"> - a lot of the time - some of the time - never
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Your health	Always	Sometimes	Never	
Do you go to the doctors when you are unwell				
Do you have regular checks at the dentist				
Do you eat healthily				
Do you get regular exercise				
Do you look after yourself				
School/college				
Do you think your attendance is good				
Are you often late				
Do you have time for homework				
Do you attend any after school activities				
Do you think about the future				
Your identity	Yes	A little	No	
Do you know your family history				
Do you like the person you are				
Do you feel you are confident				
Are you happy				
Are you sad				

Do you worry				
Friends/family				
Do your friends support you				
Does your family support you				
Do you have someone you can talk to				
Are you confident in a group				
TOTAL SCORE	Always - Sometimes - Never -			

Professional view

Research literature on young carers shows that young carers are likely to experience:

- restricted opportunities for social networking and for developing peer friendships [Bilsborrow, 1992]; Aldridge and Becker, 1993a, Dearden and Becker, 1995, 1998];
- limited opportunities for taking part in leisure and other activities [Aldridge and Becker, 1993a];
- health problems [Becker, Aldridge and Dearden, 1998]
- emotional difficulties [Elliott, 1992; Dearden and Becker, 1995, 1998];
- a lack of understanding from peers about young carers' lives and circumstances [Aldridge and Becker, 1993a, 1994; Dearden and Becker, 1998];
- a fear of what professionals might do to the family if their circumstances are known [Aldridge and Becker, 1993a, 1994; Dearden and Becker, 1998];
- the keeping of 'silence' and secrets, again because of the fear of public hostility or punitive professional responses [Aldridge and Becker, 1993b];
- Significant difficulties in making a successful transition from childhood to adulthood [Frank, Tatum and Tucker, 1999; Dearden and Becker, 2000].



Is the care provided excessive or inappropriate?

Inappropriate or excessive care is defined in the Care and Support Statutory Guidance 2016 as anything which is likely to have an impact on the child's health, wellbeing or education or which is unsuitable for a particular child

Does the illness/disability impact on parenting capacity? Is the parent able to parent effectively and in the way they want to?

Is the young person a child in need?

*A **child in need** is defined under the **Children Act 1989** as a **child** who is unlikely to achieve or maintain a reasonable level of health or development, or whose health and development is likely to be significantly or further impaired.*