experiences of a Young Carer.

Young carers are defined as “a person under 18 who provides or intends to provide care for another person (of any age, except where that care is provided for payment, pursuant to a contract or as voluntary work)”.

A young carer might look after someone if they are sick or have a disability, experiencing mental ill health or have a difficulty with drugs and/or alcohol. These questions have been designed to develop an understanding of the child’s lived experience, identify young carers.

Please complete with the child and/or parent/guardian.

* This section should be completed when there are children and young people under the age of 18 living in a household where there are caring needs.
* The questions will help practitioners understand as early on as possible if the child or young person is providing care, at what level, the impact this is having and inform services and the family to understand which service is best placed to support them. The tool supports any holistic assessment or referral process to ensure young carers receive the right support at the right time.
* It is important you regularly review this section to respond effectively if anything changes and either additional support is required from universal/targeted services.

*(Adapted from tools developed by Hampshire Safeguarding Children Partnership (HSCP) and the Isle of Wight Safeguarding Children Partnership (IOWSCP))*

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| **Practical Caring Tasks by Child -** A child or young person may complete some of these tasks as part of becoming independent and/or as chores. Please consider what tasks are being done by the child/young person due to the cared for person being unable to do these without their support. Consider potential risks of each task to child/ young person and adult e.g. risk of injury if child lifting an adult, use of kitchen equipment such as oven, knifes, financial responsibility if food shopping alone. |
|  | **Frequency****(click on box to check)** | **Examples of what the child is doing** | **Impact on child** | **Impact on cared-for person** |
| Prepare, cook and clean at mealtimes | Never[ ]  |  Sometimes[ ]  | A lot[ ]  |  |  |  |
| Household cleaning | Never[ ]  |  Sometimes[ ]  | A lot[ ]  |  |  |  |
| Redecorating and gardening | Never[ ]  |  Sometimes[ ]  | A lot[ ]  |  |  |  |
| Food shopping by myself | Never[ ]  |  Sometimes[ ]  | A lot[ ]  |  |  |  |
| Help with household paperwork | Never[ ]  |  Sometimes[ ]  | A lot[ ]  |  |  |  |
| Work part time to bring in extra money | Never[ ]  |  Sometimes[ ]  | A lot[ ]  |  |  |  |
| Look after brothers and sisters alone | Never[ ]  |  Sometimes[ ]  | A lot[ ]  |  |  |  |
| Lift heavy items or people | Never[ ]  |  Sometimes[ ]  | A lot[ ]  |  |  |  |
| Other (please specify): | Never[ ]  |  Sometimes[ ]  | A lot[ ]  |  |  |  |

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| **Personal Caring Tasks by Child -** Please consider any immediate risks and/or support needs of the child/young providing personal care. The risk could be to the child/young person and/or to the adult and may require you to take immediate action as well as referring to Leeds Young Carers Support Service. For example, preparing and/or administering medication may carry risk of overdose, help with bathing/showering may pose a risk of injury to child/young person and/or adult. |
|  | **Frequency (click on box to check)** | **Examples of what the child is doing** | **Impact on child** | **Impact on cared-for person** |
| Help with bathing, showering, shaving etc. | Never[ ]  |  Sometimes[ ]  | A lot[ ]  |  |  |  |
| Help with dressing | Never[ ]  |  Sometimes[ ]  | A lot[ ]  |  |  |  |
| Help during the night | Never[ ]  |  Sometimes[ ]  | A lot[ ]  |  |  |  |
| Help with eating | Never[ ]  |  Sometimes[ ]  | A lot[ ]  |  |  |  |
| Communicate/ interpret for someone | Never[ ]  |  Sometimes[ ]  | A lot[ ]  |  |  |  |
| Medicate – prepare, administer or remind | Never[ ]  |  Sometimes[ ]  | A lot[ ]  |  |  |  |
| Other (please specify): | Never[ ]  |  Sometimes[ ]  | A lot[ ]  |  |  |  |

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| **Emotional Caring Tasks by Child -** Please consider the amount of responsibility the child/young person has to provide emotional care and support to the cared for person. Emotional care can sometimes go unnoticed, but the time dedicated to providing emotional care can be significant and have the same impact on the child/young person as the practical and personal care being provided. |
|  | **Frequency (click on box to check)** | **Examples of what the child is doing** | **Impact on child** | **Impact on cared-for person** |
| Keep them company | Never[ ]  |  Sometimes[ ]  | A lot[ ]  |  |  |  |
| Comfort them when they are upset | Never[ ]  |  Sometimes[ ]  | A lot[ ]  |  |  |  |
| Keep an eye on them/ worry about them | Never[ ]  |  Sometimes[ ]  | A lot[ ]  |  |  |  |
| Take the person you care for out on your own | Never[ ]  |  Sometimes[ ]  | A lot[ ]  |  |  |  |
| Other (please specify): | Never[ ]  |  Sometimes[ ]  | A lot[ ]  |  |  |  |