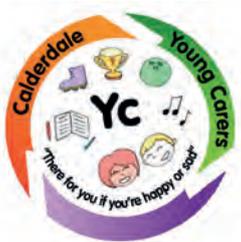


Early Intervention Support



Calderdale Young Carers Assessment



What is a Young Carers Assessment?

Since April 2015 the law states that children and young people who are caring for someone at home because of an illness, disability or misuse of drugs or alcohol are entitled to an assessment in their own right. This is good news for young carers. It means that services are now recognising that young carers may need some support due to the extra responsibilities they have at home.

Don't be worried about the assessment, it just means that the person with you will ask you a series of questions about what you do at home and for the person you care for. They will also ask you about your education and about how caring makes you feel.

There's no right or wrong answers, the questions will hopefully give a 'picture' of your life which will enable a service to try and get the right support for you, if that's what you would like.

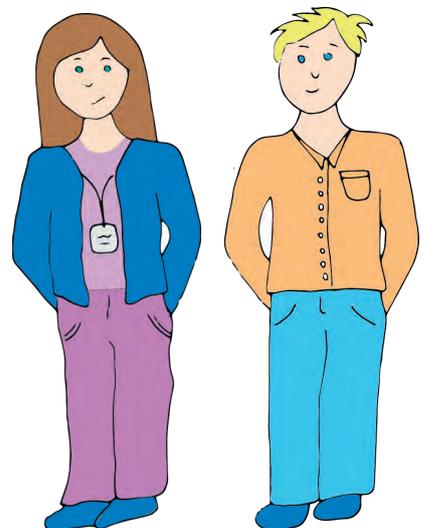
The person helping you fill in this form...

Name of the person who is helping you write this assessment:

Role of professional:

Contact number:

Contact email address:



Personal details...

Your child's name:

Date of Birth:

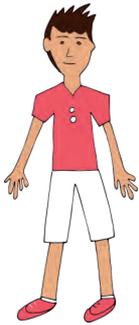
Address:

Telephone number:

Your name (as parent/carer):

Address (if different from above):

Telephone number:



Consent ...

I understand the information gathered in this assessment is to be used in order to provide a service for my child/children and/or myself and my family. I agree for this Assessment to be carried out with the child/young person whom I am parent/carer for:

Signature of parent/carer identified above.....Date:.....

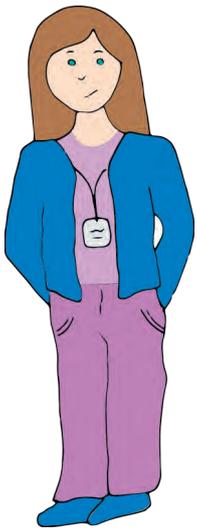
and/or

Signature of child identified above.....Date:.....

All about this assessment...

Thank you for agreeing to do this assessment. Remember there's no right or wrong answers. Just answer the questions as honestly as you can. If you don't want to answer any of the questions, just leave them blank and go on to the next question.

Once the assessment is finished, we will talk to you and your family to discuss what we can do next to make sure you have the support you need.



Sharing information...

To make sure that we give you the right support we **may** need to share some of your information with other people in your life. These may include a family member, a social worker, your school, a key worker or family support worker. We also may need to ask these people for some additional information about you and your family.

Name Role	Name Role	Name Role	Name Role

If there is some information you **don't** want us to talk to anyone about please let us know on the following page.

Confidentiality...

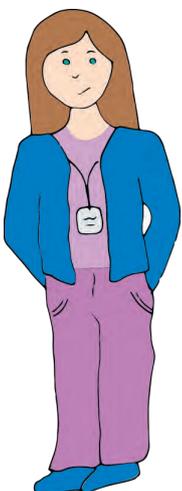
This information can be shared with...

But I don't want you to tell...

Like all services working with children and young people, we have a responsibility for safeguarding children and young people. This means that if we are particularly worried and concerned that you or any other person under the age of 18 are at risk of harm, we may have to tell someone else about this.

In most cases we would strive to tell you and your family about this first, however, sometimes this is not always possible. Telling someone else about a concern usually means that you or your family may get help from other services. The person helping you fill in this form will always keep you informed about what will happen after the information has been shared.

If you don't understand this clearly, ask the person who is filling in this assessment with you for more examples.



All about me...

My age is...

I live with...

My name is...

My birthday is...

At school I like..

My teacher is...

My school is...

My hobbies

For breakfast I enjoy...

My favourite food is...

I like...



All about the person you care for...



The caring jobs I do

MACA-YC42

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. **Thank you.**

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

...Continued on next page



The caring jobs I do

...continued

	Never	Some of the time	A lot of the time
22. Interpret for someone you live with because English is not their first language	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. Signing for someone you live with because they are hearing impaired	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24. Give medicines to someone you live with e.g. making sure s/he takes their pills, giving injections, changing dressings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25. Prepare special food or diet because of medical needs of the person you care for	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26. Take someone you live with to the doctors or hospital	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27. Help someone you live with to walk, get up the stairs, get into and out bed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28. Help someone you live with to dress or undress	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29. Help someone you live with to have a wash	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30. Help someone you live with to have a bath or shower	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31. Help someone you live with to shave	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
32. Help someone you live with to cut their nails	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
33. Help someone you live with to use the toilet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
34. Help someone you live with to eat and drink	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
35. Keep someone you live with company e.g. sitting with them, reading to them, talking to them, playing cards with them	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
36. Keep an eye on someone you live with to make sure they are alright	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
37. Take someone you live with out e.g. for a walk or to see friends or relatives	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
38. Taking brothers or sisters to school	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
39. Look after brothers or sisters whilst another adult is near by	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
40. Look after brothers or sisters on your own	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
41. Talking with officials (eg doctor or benefits office) about the person you care for	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
42. Miss out on sleep eg have to get up in the night or stay up late in order to look after someone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MACA-YC42

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 Developed for The Princess Royal Trust for Carers by Young Carers International Research and Evaluation,
 School of Sociology and Social Policy, University of Nottingham, University Park, Nottingham NG7 2RD.



How caring affects me

PANOC-YC20

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.**

	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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 School of Sociology and Social Policy, University of Nottingham, University Park, Nottingham NG7 2RD.



How caring affects me



We want to ask you some questions about the hours you spend caring and what caring tasks you do and what impact they may have. There are no right or wrong answers to any of the questions; we are just keen to hear what you think.

Thinking about all the jobs you do in the home, please tell us how many hours and minutes caring you do on a typical day...

...helping them to take their medication



hrs mins

...helping them to wash, use the toilet or get dressed



hrs mins

...helping to cook and clean



hrs mins

...helping them move around the house



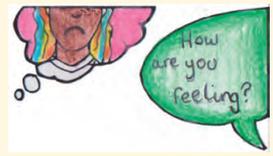
hrs mins

...helping them to go outside



hrs mins

...talking to them



hrs mins

...looking after siblings



hrs mins

...worrying about them



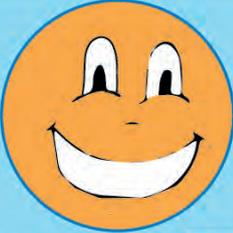
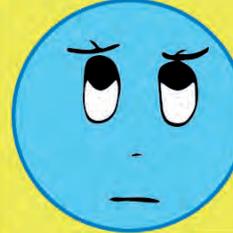
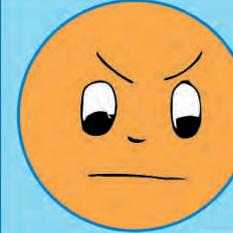
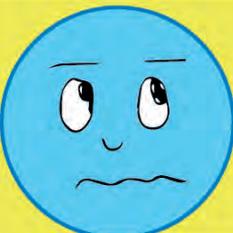
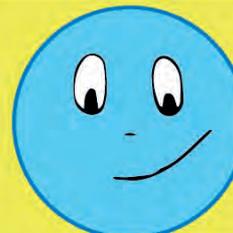
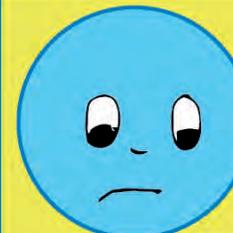
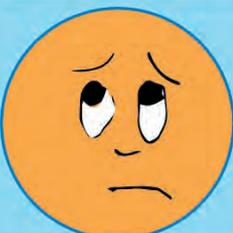
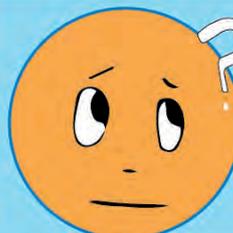
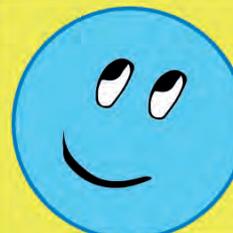
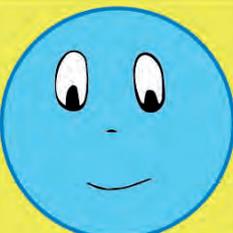
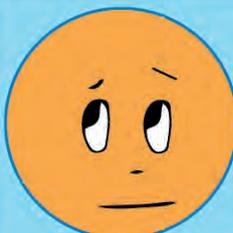
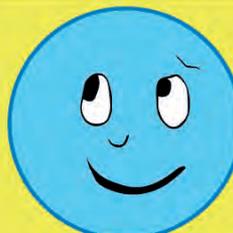
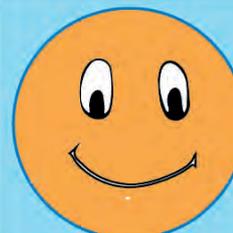
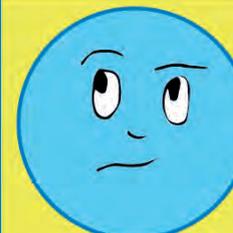
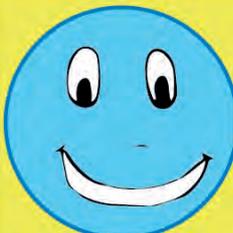
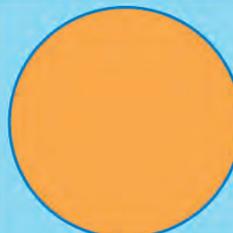
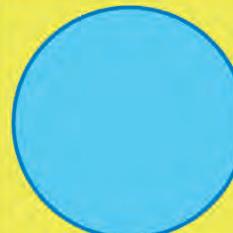
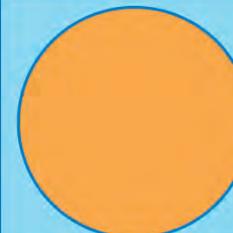
hrs mins

...anything else?

hrs mins

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

How does caring make me feel...

 happy <input type="checkbox"/>	 sad <input type="checkbox"/>	 angry <input type="checkbox"/>	 bored <input type="checkbox"/>	 stressed <input type="checkbox"/>
 anxious <input type="checkbox"/>	 depressed <input type="checkbox"/>	 proud <input type="checkbox"/>	 tired <input type="checkbox"/>	 jealous <input type="checkbox"/>
 lonely <input type="checkbox"/>	 tearful <input type="checkbox"/>	 confused <input type="checkbox"/>	 included <input type="checkbox"/>	 scared <input type="checkbox"/>
 satisfied <input type="checkbox"/>	 fearful <input type="checkbox"/>	 hopeful <input type="checkbox"/>	 clever <input type="checkbox"/>	 worried <input type="checkbox"/>
 exhausted <input type="checkbox"/>	 joyful <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>

It also makes me feel...

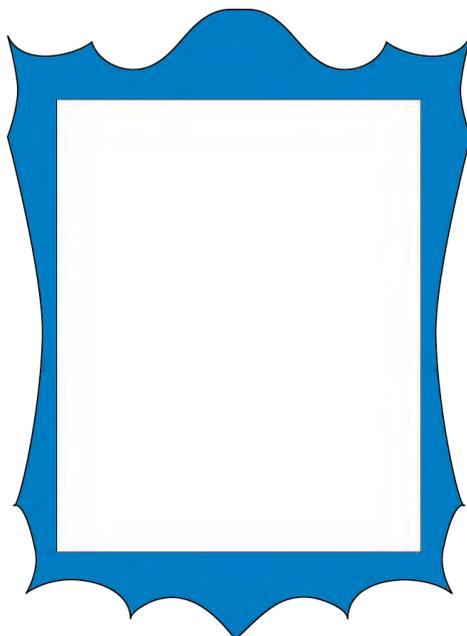
What does caring feel like?

How do I feel about caring

What I like...

What I don't like...

ME



We all need balance in our lives, what do you do to relax, have fun or unwind?

Circle the things which you do to relax then add your own

Play with
friends

Go for a walk

Listen to music



Write in a
journal / diary

Talk to a
trusted person



How does being a young carer affect me...



Caring for someone at home can affect the things we do at school.

It is well known that caring can interfere with children and young people's education. Young carers can often be late for school, be absent from school, have difficulty getting their homework finished on time and don't have the time to attend 'after school clubs'.

How does caring affect your school / college life?

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

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

In the last 2 weeks of term time, how many times have you been unable to hand your homework in on time because of caring? _____ times

Can you tell us some of the things which would make your school / college life easier as a young carer?

How does being a young carer affect me...



Caring can affect children's and young people's social life.

Some young carers don't have time to see their friends or do regular activities out of school. Some struggle to make friendships because they 'feel' different to other children and young people. Young carers can often feel as though they are the only ones in their situation.

How is your social life affected by your caring responsibilities?

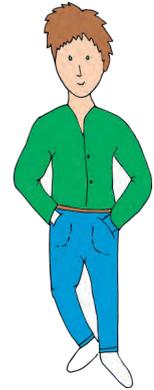


Often children and young people are not the only one's caring for the person who needs support in their family. Sometimes there are other family members, friends or neighbours who help out or even other services who come into the home.

Can you tell us who helps you care for the person you support?

The people in my life...

Please use the space opposite to create an 'Eco Map' and Eco Map shows the people in your life and your relationship with them. This could be family members, friends, neighbours a keyworker or people at school / college. Use the key below to guide you.



Key:



A solid line represents an important, strong or positive bond



A broken line represents a tenuous or weak connection

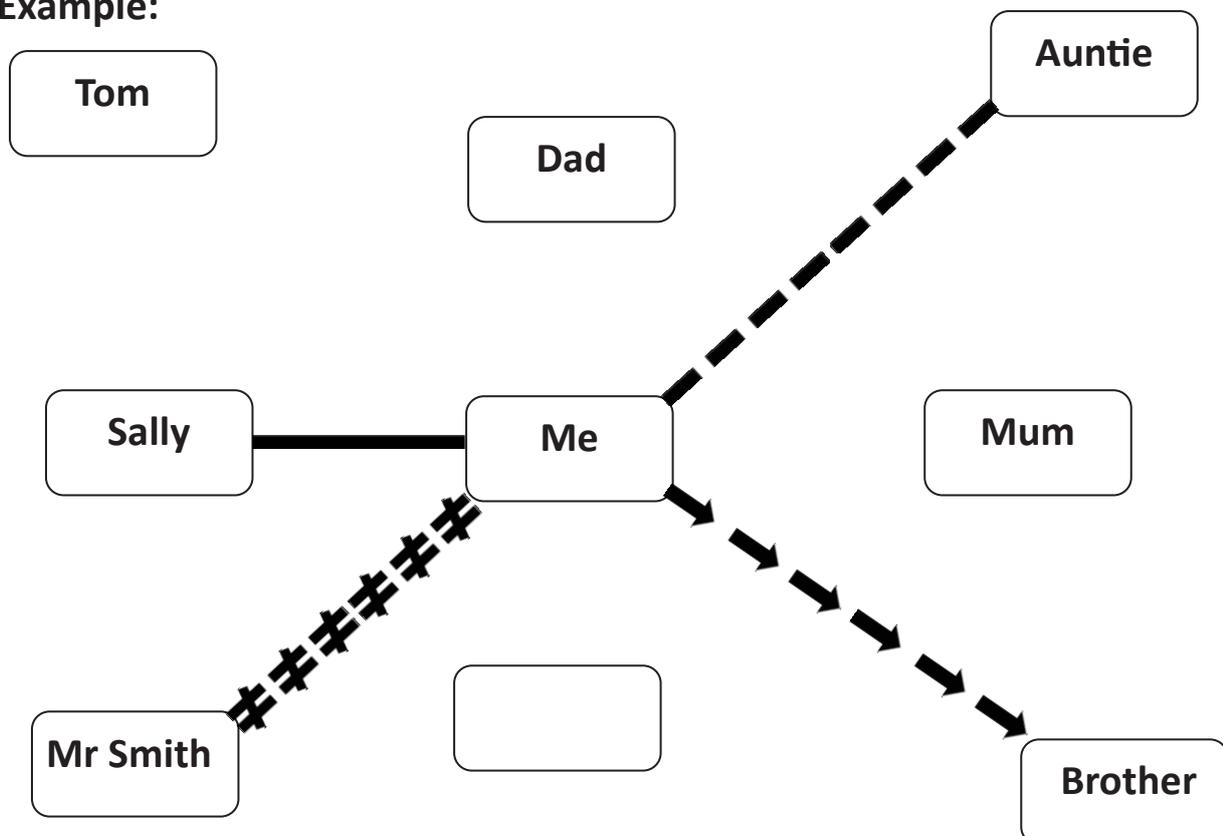


Lines with crosses through them indicate a stressful relationship



Arrows along the line point towards the direction or flow of resources, energy or interest

Example:



The people in my life...

A large, empty rounded rectangular box with a thin purple border, intended for writing or drawing. The box is positioned below the title and occupies most of the page.

Parents and Carers

Can you tell us about the health condition in the family which has led to this Young Carers Assessment?

Is the person who has an illness, disability, mental health problem or drug and alcohol problem receiving any services and help from other people?

Could you tell us about how the young carer helps the person practically and emotionally who needs extra support?

Parents and Carers

In your own words, tell us how you think the young carer is impacted by their caring responsibilities.

Do you have an alternative plan for the care of the young carer in event of an hospital admission?

Do you feel that you or the person being cared for needs an assessment in their own right? (e.g Mental Health Services, Substance Misuse Service, Adult Services, Adult Learning Disability Services).

Do you feel your family would benefit from an Early Intervention Single Assessment? Tell us why.

Anything else...

You can use this space to create a **vision map** . What would you like, what would your family like, what would people who support you and your family like? These ideas can then be brought together to create a shared vision for you and your family

Or it can be used for anything else you haven't had space to tell us so far...

Plan of support

Thank you very much for answering the questions relating to your caring duties and other areas of your life. We are now ready to make a 'support plan'. This plan is made with you and your family and aims to either reduce your caring role or help you cope or manage it better. This may involve us contacting other agencies to support you and your family.

It also may mean that we ask for other services to support the person you care for.



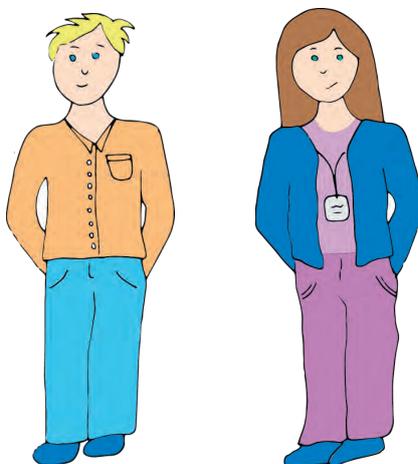
Needs identified from the assessment <i>(What are the needs of Child, young person, parent)</i>	Actions <i>(What needs to happen)</i>	Who will do this?	By when? <i>(Date)</i>

Our next steps...

- Post a copy of this assessment to the young person and their family
-
-
-
-

Thank you for your time!

Now that we have finished this assessment, we will start to put your plan into action. Within the next 7 days we will post a copy of the completed assessment and plan to you and your family. Once you have received it, please take some time to go over the plan and let us know if you still agree with everything we have agreed. If you have changed your mind, please let us know as soon as possible by phoning the number on the first page.



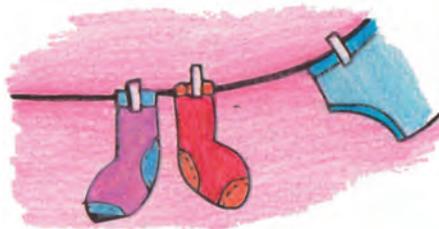
About Calderdale Young Carers Service...

Calderdale Young Carers Service supports children and young people aged 8-18 years old who care for someone at home who has an illness, disability, mental health problem or who misuses drugs or alcohol, for example they may:

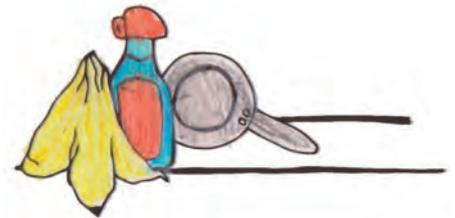
...help them to take medication



...help them to get dressed



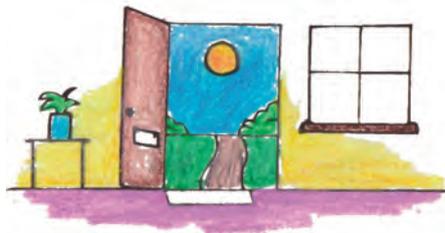
...help cooking and cleaning



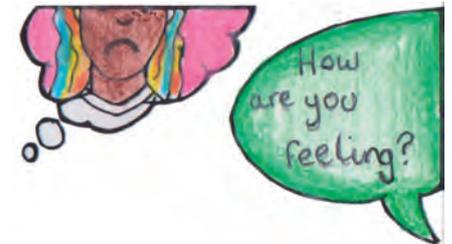
...help them move around the house



...help them to go outside



...talk to them



...look after siblings



...help them to wash or go to the toilet



...worry about them



Our service supports young carers whenever we can. We can do this through:

Group activities



Family support



Support at school



Someone to talk to





We would like to thank the Young Carers in Calderdale for their inspiration, ideas and design of this assessment, without them the document would not exist.

If you need to speak to a member of the Young Carers Team or you need support or advice on any related matters please call us on **01422 261208**

Calderdale Young Carers Service
Centre at Threeways
Nursery Lane
Ovenden
Halifax
HX3 5SX

