



## Calderdale Young Carers Assessment – Practice Guidance

The Calderdale Young Carers Assessment has been designed to identify the needs of children and young people in Calderdale who are carrying out caring responsibilities. The Children and Families Act 2014 states that all young carers are entitled to an assessment of their needs, regardless of what caring roles they carry out or how much time they take. It should be offered to any child or young person aged between 8-16 years living in Calderdale who you feel may have a caring responsibility within the home, or if it has been requested by them or their family.

The aim of this assessment is to gain an insight into the life of the child or young person and to use this information to decide on a plan of action to support their needs. If at any time you need support in completing the form or are unsure about the questions please don't hesitate to contact **Calderdale Young Carers Service on 01422 261208/7**.

In this guidance we have provided you with the headings that match the assessment, with additional information in order to help you support the young person in completing the assessment.

### **Please read this thoroughly before completing the assessment with the young carer**

- Become familiar with the assessment before you complete it with the child.
- In the section 'The Impact of Caring' there are 10 positive statements and 10 negative statements. Examples of these are; '*Because of caring I feel closer to my family*'. (Positive) '*Because of caring I feel like running away*' (Negative). **Please ensure you check these statements after the child has completed the assessment** – if there are any concerns about the answers please follow your own safeguarding policies and ensure the child has support through your service/ organisation). Referrals to Young Carers can take up to a month to get through the Early Intervention Panel which would mean that responses to any serious concerns that have been highlighted through the assessment would be delayed.
- Give at least an hour to complete the assessment – there are many opportunities to draw pictures within the assessment and we encourage this (however, some children fly through the assessment and don't want to engage in the art work at all).
- Be aware that some of the questions may be difficult for the child – let them know its ok not to answer everything ( however, let us know which ones they have found difficult to answer)
- We suggest that you have plenty of felt tips / crayons / pens and pencils available for the child.
- Some children find the assessment tiring – if this is the case, then please split the assessment into two sessions.
- At Young Carers we often end the session with a fun game. Those done in school time, we strive to ensure that the child will be having a play time or lunch break straight after the assessment.

## What is a Young Carers Assessment...

- You should use this explanation of the assessment to inform yourself and to help you explain to the young carer and their family what the assessment is.

## The person helping you fill in this form...

- Please complete your details here – (that's your writing done for now)

## Personal Details and Consent....

- Please complete the young carers' details here along with their parent/carer's details, you should ensure that this section is signed before you share the assessment with anyone, including Calderdale Young Carers Service

## Sharing information and Confidentiality...

- The boxes can be used to write or draw people who work with the young carer and their family (e.g. a teacher, family support worker, youth worker, social worker)
- The Confidentiality box should be used to name those people with whom the young carer is happy for information to be shared with and those with whom they don't want the information shared with. Use the text to help you explain 'Confidentiality'.

## All about me...

- The leaves within the tree are to be used to record information about themselves, the blank leaf can be used for anything extra

## All about the person you care for...

- The petals of the flower are to be used to record information about the person they care for

## The caring jobs I do / How caring affects me...

- These 3 pages are taken from 'Manual for Measures of Caring Activities and Outcomes, For children and Young People, by S. Joseph, F. Becker and S. Becker. It is used to gather quantitative information on the roles they carry out and the impact they have. It is important that all the questions are answered in this section.
- **The caring jobs I do....scoring**
  - 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
  - Add the scores together. The highest possible score is 84. Higher scores indicate greater levels of caring activity.

- **How caring affects me...scoring**

- This page is a 20 item psychometric instrument designed to assess the positive and negative effects of caring activities. Each item is rather on a 3 point scale. For scoring purposes; Never = 0, Some of the time = 1, A lot of the time = 2.
- It consists of two 10 item subscales; positive responses and negative responses. Scores on both the subscales have a potential range of 0-20, 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 responses score: sum items 5,6,9,10,11,12,13,14,16 and 17

- **Interpreting scores;**

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

**Of most concern will be those young carers who score less than 12 on the positive scale AND greater than 8 on the Negative scale.** However, where there are serious concerns we recommend that you either contact Calderdale Young Carers Service for advice (01422 261207/8) or refer to Children’s Social Care depending on the level of concern.

### How caring affects me...

- The lines under each picture are provided to write the amount of hours for each of the caring jobs. Not all the ‘jobs’ will be relevant to each child or young person and they may find it difficult to put a time to their role. Encourage them to think about what they might do differently on a weekend compared with during the week and put an average. For example some answers such as ‘worrying about them’ may be 24 hours for a child who is caring for a parent with severe mental health issues.

### How does caring make me feel...

- Encourage the young carer to tick all the emotions which they feel when they think about their caring role. There are 3 blank faces to be filled in if there are any other emotions they wish to include. The space at the bottom can be used for a description of their feelings if they wish to elaborate. If appropriate try to have a conversation with the young carer about why they feel the ways they have highlighted.

### What does caring feel like?

- The picture frame can be used for the young carer to draw themselves if they wish. Use the space either side to list what they do and don’t like about their caring role.
- The scales represent the importance of balance in a young carer’s life. Use this space to discuss what the young carer does to relax/unwind/have fun.

## How does being a young carer affect me...

- This double page spread is used to capture what the young carers think the impact of caring is on various aspects of their life. They can write as little or as much as they like, the speech bubbles will help prompt them to consider different areas of their life.

## The people in my life...

- This space is to be used for an 'Eco Map', an Eco Map shows the people in the young carer's life and the relationships they have with them. These can be positive and negative relationships as well as ones which are complex or one way. Further guidance on completing an Eco Map can be found at: <http://www.strongbonds.jss.org.au/workers/cultures/ecomaps.html>

## Parents and Carers

- Please arrange to visit the young carers family to complete this section. Use this section to gather information about the young carer's role from the view point of the parents or carers.

## Anything else...

- This space can be used for anything else which hasn't been covered so far within the assessment or it could be used to create a Vision Map to help create a shared plan with the young carer as the focus going forward.

## Plan of support...

- Once the assessment is complete you may have identified some unmet needs, use these as a basis to write a SMART plan of identified needs, actions and who is responsible for these.

## Our next steps...

- This space can be used to make a list of what you will do next; this needs to include providing the family with a copy of this assessment and may also include making a referral to Calderdale Young Carers Service or speaking to school about their role

## About Calderdale Young Carers Service ...

- This section explains what Calderdale Young Carers service does and how it might be able to help them if they wish to be referred to the service.

**Thank you for taking the time to support the Young Carer**