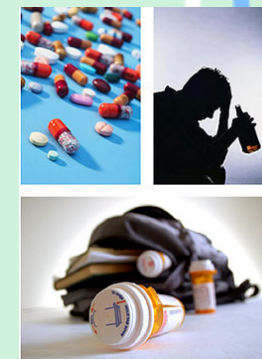




Do you look after or care for someone at home?

The questions in this paper are designed to help you think about your caring role and what support you might need to make your life a little easier or help you make time for more fun stuff.

Please feel free to make notes, draw pictures or use the form however is best for you.



What will happen to this booklet?

This is **your** booklet and it is your way to tell an adult who you trust about your caring at home. This will help you and the adult find ways to make your life and your caring role easier.

The adult who works with you on your booklet might be able to help you with everything you need. If they can't, they might know other people who can.

Our Agreement

Worker:

- I will share this booklet with people if I think they can help you or your family
- I will let you know who I share this with, unless I am worried about your safety, about crime or cannot contact you
- Only I or someone from my team will share this booklet
- I will make sure this booklet is stored securely
- Some details from this booklet might be used for monitoring purposes, which is how we check that we are working with everyone we should be

Signed: _____

Young person:

- I know that this booklet might get shared with other people who can help me and my family so that I don't have to explain it all over again
- I understand what my worker will do with this booklet and the information in it (written above).

Signed: _____



Basic information about me:

It's all about
ME

My name:

My DOB:.....

My Address:

.....

.....

My telephone number:.....

My school:.....

My doctor:

The best way to get in touch with me is:

.....

.....

Please tell us if you need any help with communicating
(eg, do you need an interpreter, Braille etc)

.....

.....

About my role as a carer:

About the person I care for...

(please tell us who you care for and why they need your care and support)

.....
.....

What I do as a carer...

(please tell us what you do to help the person you care for)

.....
.....
.....

Do you wish you knew more about their illness?

YES 

NO 

Do you live with the person you care for?

YES 

NO 

Tell us what an average week is like for you, what kind of things do you usually do?

Weekdays (Monday to Friday)

Weekends (Saturday and Sunday)

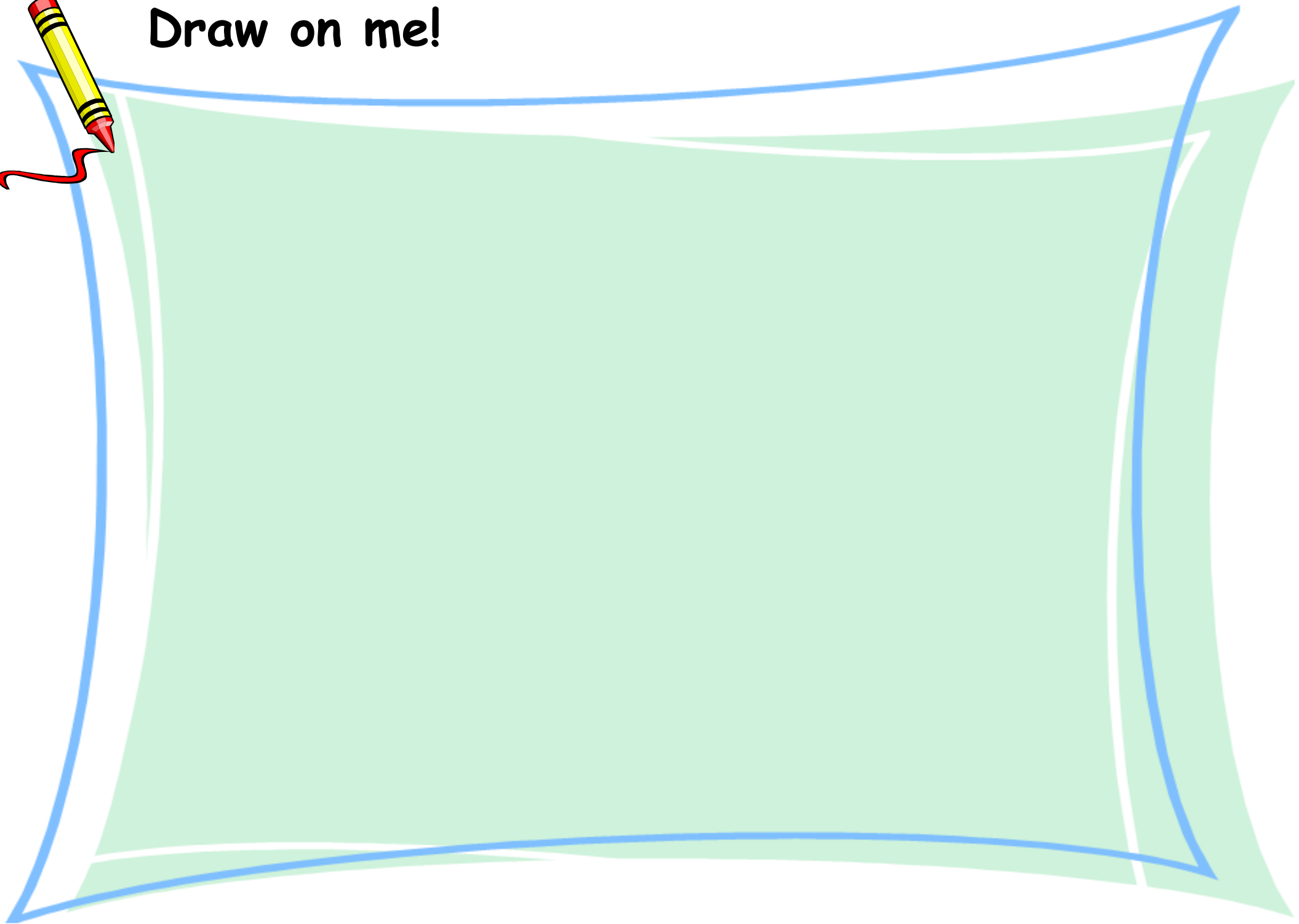
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Things I find difficult
and might need help with



Draw on me!



Physical things I do...

(for example cooking, cleaning, medication, shopping, dressing, lifting, carrying, caring in the night, making doctors appointments, bathing, paying bills, caring for brothers & sisters)

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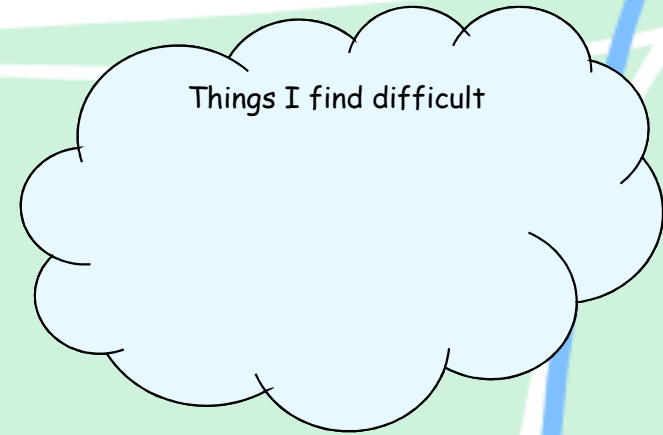
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Things I find difficult

Emotional support I provide...

(please tell us about the things you do to support the person you care for with their feelings; this might include, reassuring them, stopping them from getting angry, looking after them if they have been drinking alcohol or taking drugs, keeping an eye on them, helping them to relax)

.....

.....

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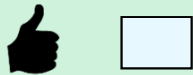
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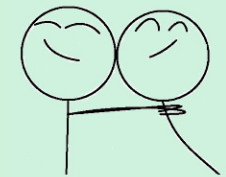
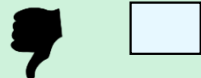
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Do you ever have to stop the person you care for from trying to harm themselves or others?

YES



NO



Some things I need help with...

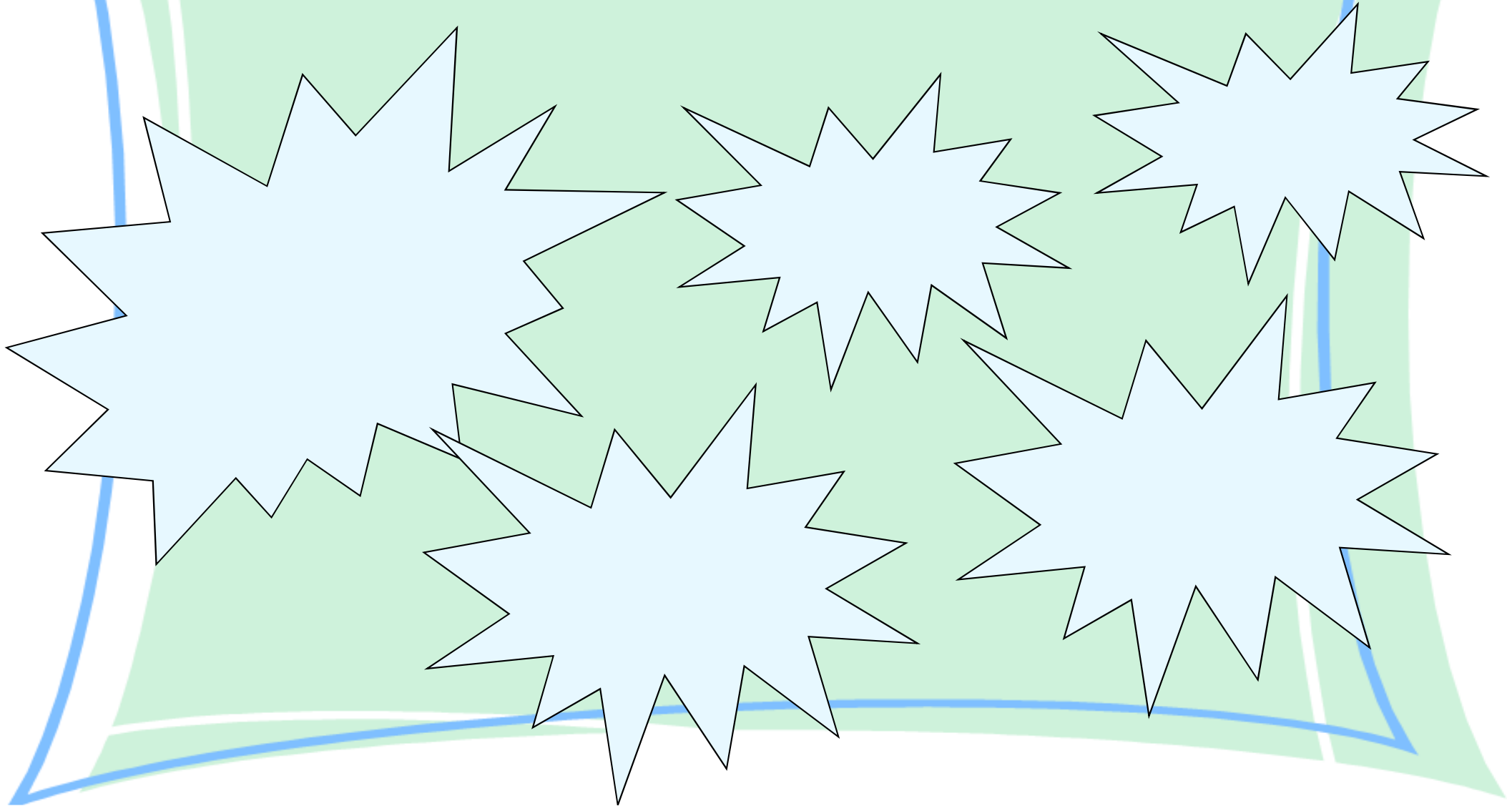
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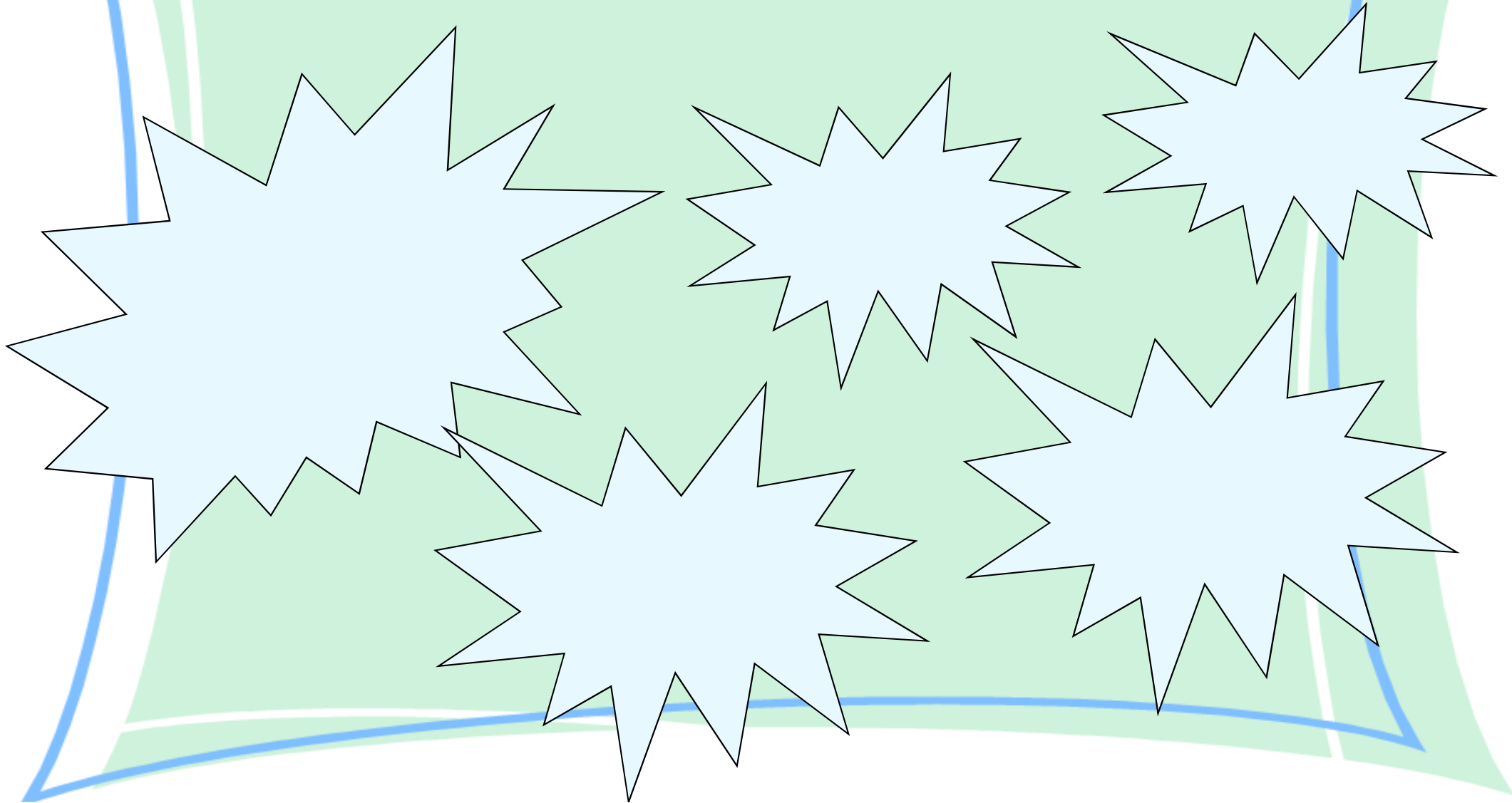
My week...

On a normal week, what are the best bits? What do you enjoy the most?
(eg, seeing friends, playing sports, your favourite lessons at school)



My week...

On a normal week, what are the worst bits? What do you enjoy the least?
(eg cleaning up, particular lessons at school, things you find boring or upsetting)





Fun stuff!



What things do you like to do in your spare time?

.....
.....
.....

Do you feel you have enough time to spend with your friends or family doing things you enjoy, most weeks?

YES NO **BFF**

Do you have enough time for yourself to do the things you enjoy, most weeks? (for example, spending time with friends, hobbies, sports)

YES NO

Are there things that you would like to do, but can't because of your role as a carer?

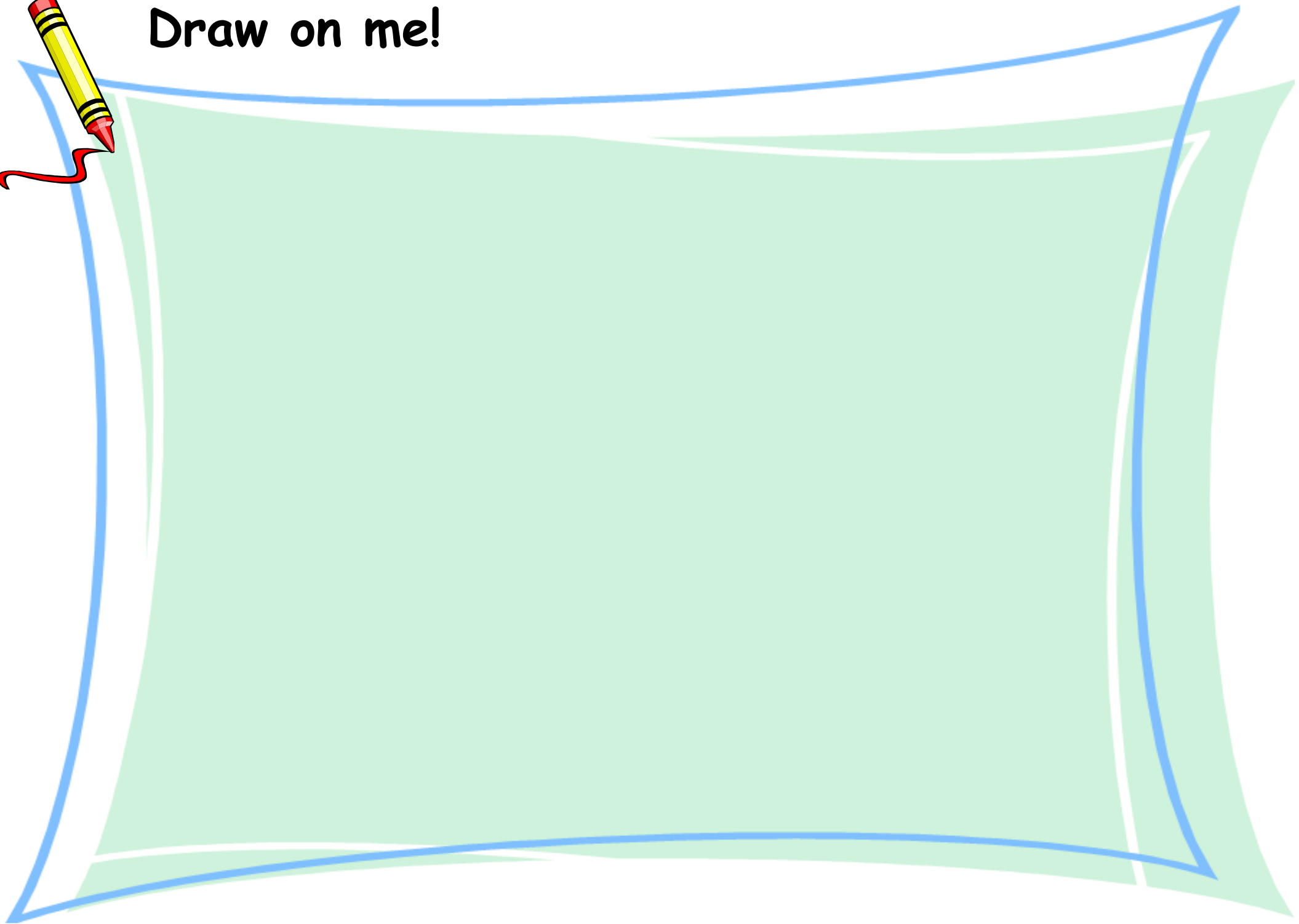
YES NO

Can you say what some of these things are?

.....



Draw on me!



School/ College

Do you think being your caring role makes school/college more difficult for you in any way?

YES



NO



If you ticked YES, please tell us what things are made difficult and what things might help you.

Things I find difficult at school/ college?

Things I need help with...

Do your teachers know about your caring role?

YES



NO



Are you happy for your teachers and other staff at school/college to know about your caring role?

YES



NO



Work

Do you think that being a carer will make it more difficult for you to find or keep a job?

YES



NO



Why do you think being a carer is/ will make finding a job more difficult?

What would make it easier for you to find a job after school/college?

Can you think of anything that might make this easier?

.....
.....
.....

How I feel about life...



Do you feel confident both in school and outside of school?

Very confident

Quite confident

Somewhere in the middle

Quite unconfident

Very unconfident

In your life in general, how happy do you feel?

Very happy

Quite happy

Somewhere in the middle

Quite unhappy

Very unhappy



In your life in general, how safe do you feel?

Very safe

Quite safe

Somewhere in the middle

Quite unsafe

Very unsafe

PANIC!

How healthy do you feel at the moment?

Very healthy

Quite healthy

Somewhere in the middle

Quite unhealthy

Very unhealthy



Being heard

Do you think people listen to what you are saying and how you are feeling?

YES  NO 

If you said no, can you tell us who you feel isn't listening or understanding you sometimes (eg, you parents, your teachers, your friends, professionals)

.....

Do you think you are included in important decisions about you and your life?
(eg, where you live, where you go to school etc)

YES  NO 

Do you think that you're free to make your own choices about what you do and who you spend your time with?

All of the time Some of the time Not often enough Never

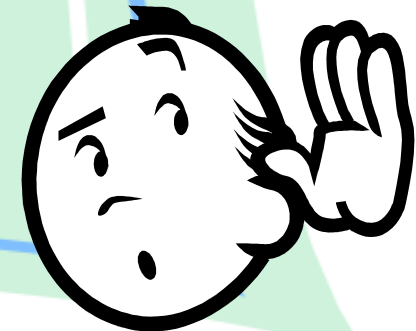
Is there anybody who knows about the caring you're doing at the moment?

YES  NO 

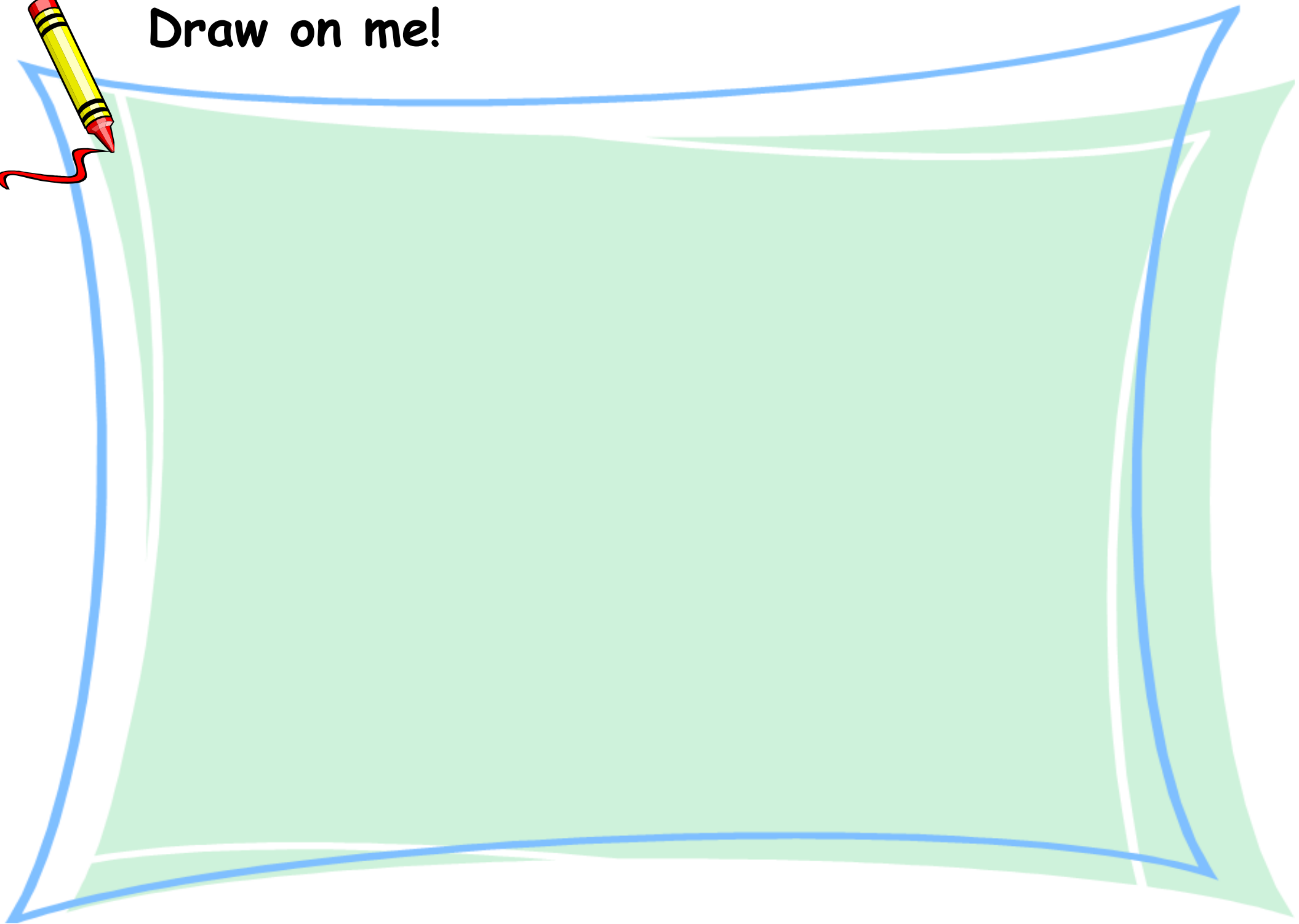
If so, who?

Would you like someone to talk to?

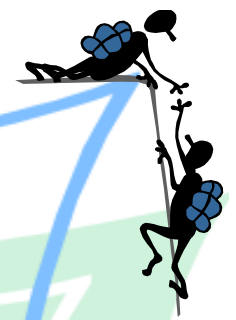
YES  NO 



Draw on me!



Supporting me



Some things that would make my life easier, help me with my caring or make me feel better

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Who can I turn to for advice or support?

.....

.....

Would you like a break from your caring role?

YES  NO 

How easy is it to see a Doctor if you need to?

Really Easy

Easy

Difficult

Impossible



Making life easier...

What are we going to do now?	Who will do it?	By when?

This plan will be reviewed on

