

Do you look after or care for someone at home?

The following questions 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 make time for other activities you enjoy.

Please feel free to make notes, draw pictures or use the form however is best for you. We acknowledge the valuable work that young carers and staff from Sheffield Young Carers and Chilypep undertook to help develop this tool.

What will happen to this information?

This is your assessment 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 this assessment 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: _____

Contact information:

Name: _____ Date of birth: _____

Address: _____

Contact telephone number (home): _____

Contact telephone number (mobile): _____

School/College: _____

Doctor: _____

The best way to get in touch with me is: _____

Please tell us if you need any help with communicating (eg interpreter, braille etc):

About my role as a carer:

Please tell us who you care for and why they need your care and support:

Please tell us what you do to help the person you care for:

Do you wish you knew more about their illness/disability? **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?

Weekday	Weekend

Of these, what things do you find difficult that you might need help with?

Physical support I provide:

(for example cooking, cleaning, giving medication, shopping, dressing, lifting, carrying, caring in the night, making doctor’s appointments, bathing, paying bills, caring for brothers and sisters):

Things I find difficult:

Emotional support I provide: (for example reassuring the person you look after, 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)

Things I find difficult:

Have you ever had to stop the person you care for from trying to harm themselves or others? **Yes / No**

Your week:

On a normal week, what are the best bits? What do you enjoy most?

What are the worst bits? What do you like least?

Fun Stuff / Time for You:

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**

Are there things you would like to do but can't because of your role as a carer? **Yes / No**

If yes, please give details:

School/College:

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

Yes / No

If yes, please give more details:

Things that are difficult	Things that could help

Do your teachers/college staff know about your caring role? **Yes / No**

Are you happy for teachers / other college staff 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

If yes, why do you think being a carer is/will make finding a job more difficult?

Can you think of anything that might make this easier?

How I feel about life:

Do you feel confident, both in school/college and outside of school/college?
(please tick)

Very confident	Quite confident	In the middle	Quite unconfident	Very unconfident

In your life in general, how happy do you feel? (please tick)

Very happy	Quite happy	In the middle	Quite unhappy	Very unhappy

In your life in general, how safe do you feel? (please tick)

Very safe	Quite safe	In the middle	Quite unsafe	Very unsafe

How healthy do you feel at the moment? (please tick)

Very healthy	Quite healthy	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?

Do you think you are included in important decisions about you and your life? **Yes / No**

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

All the time	Sometimes	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**

Supporting me:

Things that could make my life easier, help with my caring role or make me feel better:

Who can I turn to for advice and support?

Would you like a break from your caring role? **Yes / No**

How easy is it to see a doctor if you need to? (please tick)

Really easy	Easy	Difficult	Impossible

**Space for notes or other useful information/contact phone numbers
that I want to record:**

Some useful contacts!

- Sheffield Young Carers 0114 258 4595 www.sheffieldyoungcarers.org.uk
- Sheffield Carers Centre (for carers aged 18+) 0114 272 8362 www.sheffieldcarers.org.uk
- Emergency Police, Fire or Ambulance call 999
- For non-emergency police or council services call 101
- For non-emergency NHS service call 111

Making life easier...

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

This plan will be reviewed on (date) by (names of young carer and worker)