


Young Carers Support Plan
To be completed with the Young Carer and designated teacher

Name
 Year
 Young Carers School link worker

Issue Identified E.g. Behaviour, Attendance, Free time	Action	Who involved	Attainment


**Putting
Carers First**
**Young Carers
High School
Questionnaire**

**BY FILLING IN THIS QUESTIONNAIRE IT
WILL HELP ME TO IDENTIFY ANY YOUNG
CARERS. FROM THE INFORMATION GIVEN I
WILL BE ABLE TO OFFER INFORMATION
AND SUPPORT.**

**Once the questionnaire is completed, the Young
Carer and designated support worker can complete
the support plan on the back page.**

**ALL THE INFORMATION IN THIS QUESTIONNAIRE
WILL BE KEPT STRICTLY CONFIDENTIAL.**



YOUR NAME _____

TUTOR GROUP _____

DO YOU CARE FOR SOMEONE AT HOME? YES NO
(please circle answer)

**WHO DO YOU CARE,
OR HELP TO CARE FOR** _____
(Mum, Dad, sibling etc. May be more than 1 person)

DOES THE PERSON YOU CARE FOR SUFFER FROM: MENTAL ILL HEALTH
(please circle answer) PHYSICAL DISABILITY

SUBSTANCE MISUSE

ALCOHOL MISUSE

LONGTERM ILLNESS

**HOW LONG HAVE YOU BEEN
CARING FOR THEM** _____

WHO ELSE LIVES AT HOME WITH YOU _____

Thank you for taking the time to complete this questionnaire.

If you think you might be a Young Carer would it be helpful if:-

There was a designated teacher in school who's role was to look after the welfare of Young Carers? YES / NO

You could use the phone to call home to check on the person you care for? YES / NO

You were given extra time to complete work when the person you care for is ill? YES / NO

You had a Young Carers identification card that you could show to staff if you were late, instead of having to explain your situation to different people every time? YES / NO

The Young Carers Department came into school to talk to pupils and staff to raise awareness on Young Carers issues?
YES / NO

You could join a Young Carers group to meet other Young Carers, take part in outings and activities and get a break from your caring role? YES / NO

Thank you. By answering these questions it will help me to provide support and put things in place that could make life, and your caring role, a little easier.

Do you take part in any after school clubs/ activities?

Yes No

Are you a member of any out of school club/group?
(eg scouts or Guides)

Yes No
If "yes", what?

Sport and Leisure

Do you take part in any sport outside of school?
(Eg football)

Yes No
If "yes", what?

Do you think that your caring role stops you from taking part in sport and leisure activities?

Yes No Sometimes

Is there anything else that you would like to tell us?

ALL THE INFORMATION THAT YOU GIVE IS STRICTLY CONFIDENTIAL

<p>Lifting</p> <p>Bathing</p> <p>Dressing</p> <p>Feeding</p> <p>Giving medication</p> <p>Taking to toilet</p> <p>Dealing with emergencies</p>	<p>Cooking</p> <p>Cleaning</p> <p>Shopping</p> <p>Laundry</p> <p>Dishes</p> <p>Gardening</p>
<p>What do you do to help? (please circle answer)</p>	
<p>Keeping company</p> <p>Cheering up</p> <p>Keeping an eye on</p> <p>Listening</p> <p>Comforting</p>	<p>Look after brothers & sisters</p> <p>Filling in forms</p> <p>Taking phone calls</p> <p>Paying bills</p> <p>Translating</p>

Who helps you to care for the person? (eg. Other family member)

What sort of things do you miss out on because you have to care for the person?

Health and Wellbeing

Has caring ever made you feel stressed or upset?

Yes No Sometimes

Do you have to get up in the night to help?

Yes No Sometimes

Do you have an illness or disability yourself?

Yes No

If "yes" what?

Are you, or have you, received a service from CAMHS, Young Minds or any other agency?

Yes No

Do you ever get teased or bullied because you are a Young Carer?

Yes No

Do you ever get into trouble at school? Yes No

If "yes", what for?

Does school know about your caring role? Yes No

Would you like an adult at school to know more about your caring role? Yes No

School Life

Have you ever missed school because of your caring role?

Yes No

Have you ever been late for school because of your caring role?

Yes No

Does your caring role ever stop you from doing home-work/coursework?

Yes No Sometimes

Do you find it hard to concentrate at school because you are worried or tired?

Yes No Sometimes