

Young Carers Support Plan

To be completed by the Young Carer and designated worker

Name
 Year
 Young Carers School link worker

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



Young Carers Primary School Questionnaire

Name :.....
 Class :.....

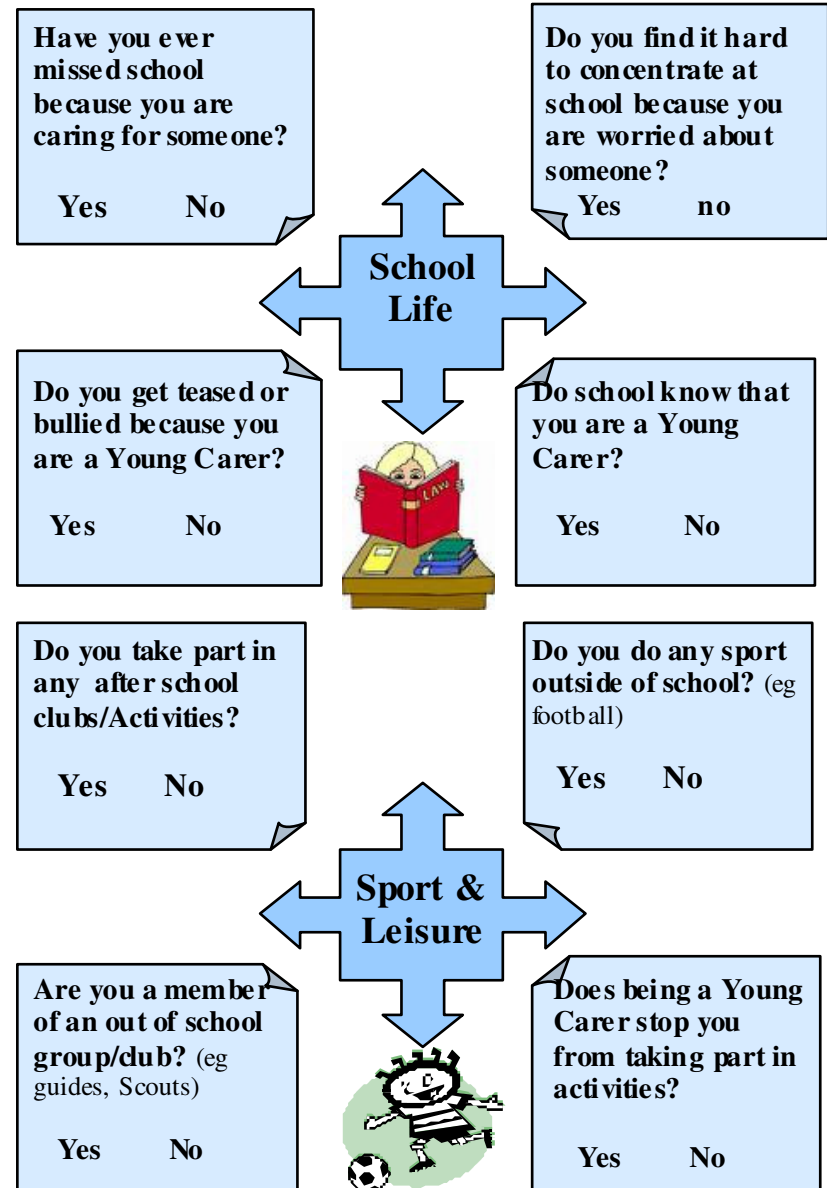
You can use this Fun pack and Questionnaire to raise awareness and have class discussions about Young Carers and their issues. The questionnaire enables Young Carers to identify themselves. With the information provided, teachers and other professionals working with young people, can improve their service to young carers and put support in place to assist them in their caring role.

Who is a YOUNG CARER and what do they do ?

Put in the missing words from the following below
 18, relative, alcohol, drugs, ill, toilet, wash,
 housework, shopping, bath, cooking, medication.

A young carer is somebody under ____, who takes or shares the responsibility for the care of someone usually a _____, who is _____, disabled or misuses substances such as _____ or other

A young carer helps to do a number of tasks including _____, _____ and _____. They also help to give _____ and to _____ and to _____ and to take the person they care for to the _____.



Young Carers Confidential Questionnaire

Name

Class.....

Who do you care for?
(you may circle more than 1)

Mum Dad
 Brother Sister
 Nan
 Grandad
 Other

Do you care for someone because they are ill or disabled?

Yes No

The person I care for suffers from:(please circle)


Physical disability
 Mental ill health
 Long term illness
 Drug/Alcohol misuse

Who else lives at home with you? (please circle)

Mum Dad
 Brother
 Sister Nan
 Grandad Other

Cooking
 Cleaning
 Shopping
 Washing
 Dressing
 Bathing
 Fetching

What do you do to help?
(Please circle)



Listen to
 Cheer up
 Keep an eye on
 Comfort
 Talk to

Does caring for someone make you feel sad or upset?

Yes No Sometimes

Health and Wellbeing

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

Yes No Sometimes

Young Carers Wordsearch

m s h o p p i n g d a d d
 u e p i l e p s y e r a r
 m w a s h i n g e a t s u
 s i s t e r i c d f h a g
 d e p r e s s i o n r l m
 d i s a b i l i t y i c i
 c o o k i n g j o o t n s
 r e l a t i v e s t i f u
 h o u s e w o r k h s k s
 a l c o h o l m i s u s e
 m e n t a l i l l n e s s
 m b l i n d b r o t h e r
 a b g m e d i c a t i o n

Find all the words below to do with Young Carers in the Wordsearch.

Who do you think young carers care for?

mum, dad, brother, sister, relatives

What kind of problems might the person they care for have?

mental illness, disability, drug misuse, alcohol misuse, arthritis, epilepsy, depression, blind, deaf, ms

What tasks do young carers have to do?

housework, shopping, cooking, washing, medication

Young Carers. The Facts

You are not alone! There are a reported 175,000 Young Carers in the UK. This figure is probably much higher as many Young Carers are not known about.

Research carried out by the Young Carers Department has found that around 10% of pupils in schools in North Staffordshire are Young Carers.

Who can help Young Carers?

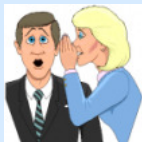
Try to talk to someone you can trust. It may help.

A Teacher



A Friend

A Relative



Who would you talk to? Draw a picture if you like.

A Young Carer is someone under 18, who looks after or shares the responsibility for the care of someone, usually a relative who is ill, disabled or misuses substances such as alcohol or other drugs.

A Young Carer may....
Help with the Housework,
Shopping and Cooking.
Help to give medication

Help to wash, bath and dress
Help by keeping someone
company and cheering them
up.

If you need any information or someone to talk to, you can contact us at the Young Carers Department.



01782 834836

www.carersfirst.com

Lots of Young Carers don't realise they are a Young Carer, so they never ask for help & no one offers to help them as no one knows the things they are doing.

**ARE YOU
A
YOUNG CARER?**

If you or someone you know is a Young Carer there are lots of different kinds of help out there for you.
Who can help?

School, Social services &
**The Young Carers
Department**