



CARERS SUPPORT Bristol and South Glos: YOUNG CARERS ASSESSMENT TOOL

1. Who is the young carer helping to look after?

Who is living home; for whom the child/young person has caring responsibilities; nature of the illness, disability or substance misuse affecting the cared for person

2. Is the young carer the main carer? Yes / No

3. Who else helps the person cared for?

4. Caring tasks undertaken by the child/young person.

Please tick the caring tasks according to how much they do.

CARING ROLE	Never	Some of the time	A lot of the time
Cleaning your bedroom			
Cleaning other rooms			
Cooking and preparing food			
Doing the laundry			
Wash up/ dry dishes/ use dishwasher			
Decorating			
Shopping			
Lifting/ fetching/ carrying			
Interpreting/ Signing			
Dressing and undressing			
Washing/ showering			
Helping to go to the toilet			
Working to bring in money for family			

Helping to pay bills/ banking/ and benefits			
Making sure cared for is alright			
Keeping the cared for company			
Emotionally supporting			
Looking after siblings			
Taking siblings to school			
Taking cared form person out			
Dealing with medication			

5. Impact of caring responsibilities on child/young person?

Please tick which describes what is going on for you and how often.

How caring affects young carer	Never	Some of the time	A lot of the time
Because of caring I have to do things that make me upset			
Because of caring I feel stressed			
Because of caring I don't feel very confident			
Because of caring I feel very lonely			
Because of caring I feel like running away			
Because of caring I am proud of the caring I do			
Because of caring I feel closer to my family			
Because of caring I am unable to spend time socialising with friends			
Because of caring I feel worried			
Because of caring I feel tired			
Because of caring I have trouble staying awake			
Because of caring I feel angry			



Because of caring I can't stop thinking about what I have got to do			
Because of caring I feel I can't cope			
Because of caring I am frequently absent from school			
Because of caring I struggling to concentrate in school			
Because of caring I being bullied			
Because of caring life doesn't seem worth living			
Because of caring I feel better able to cope with problems			

What I like and dislike about caring.

6. **Thinking about all the jobs you do in the home, including keeping an eye on people, please tell us how many hours of caring you do on a typical week day (Monday to Friday)?**

7. **How may hours of caring do you do on a typical day at the weekend (Saturday or Sunday)?**

8. **At what age did you first start to do caring jobs?**

9. **Which one of your caring jobs do you like the most? Please tell us a little bit about it.**

10. **Which one of your caring jobs do you find the most difficult or you dislike? Please tell us about it.**

11. **Which of your caring jobs upsets you the most? Please tell us why**



School Attended :

Current Attendance rate:

Adapted by Young Carers Service Bristol and South Gloucestershire from: “Manual for measures of Caring Activities and Outcomes for Children and Young People” Stephen Joseph, Fiona Becker, Saul Becker 2012