



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.

Our Agreement

Worker:

- I will only 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
- 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 everything all over again
- I understand what my worker will do with this booklet and the information in it (written above).

Signed: _____

All about me!



My name:

My birthday and age:.....

My address:

My telephone number:.....

My school:.....

My doctor:



Who lives in my house

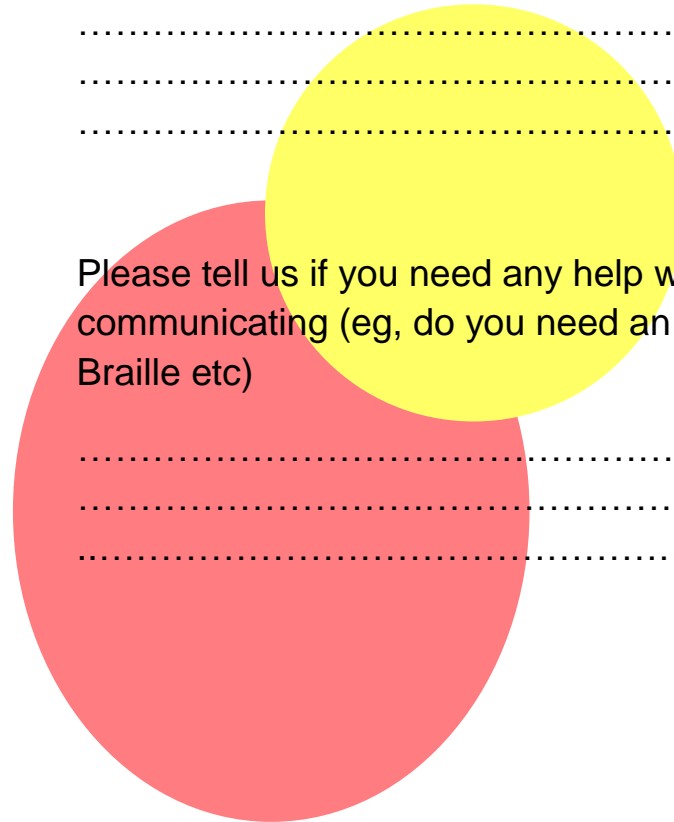
Basic information about me

The best way to get in touch with me is:

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

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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)

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What I do as a carer

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

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Do you wish you knew more about their illness?

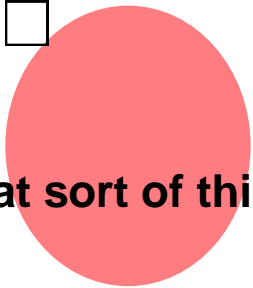
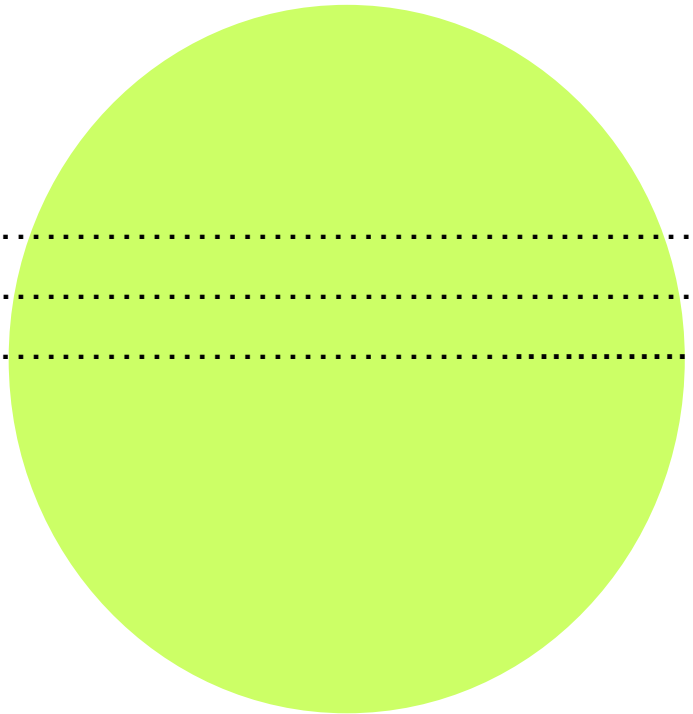
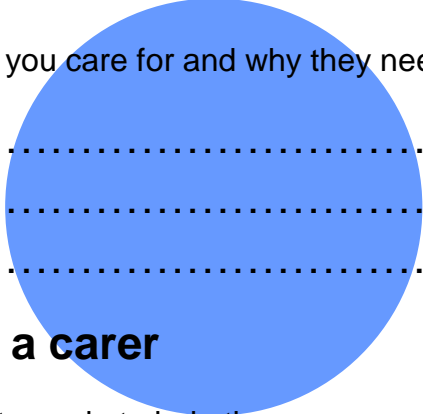
Yes No

If yes, what sort of thing would you like to know about?

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About my role as a carer

Things I find difficult and might need help with

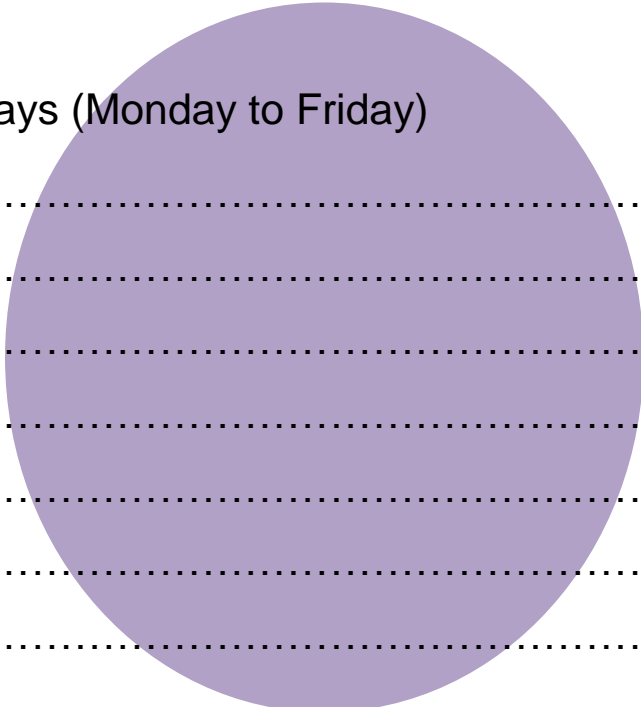
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Tell us what an average week is like for you, what kind of things do you usually do?

Weekdays (Monday to Friday)



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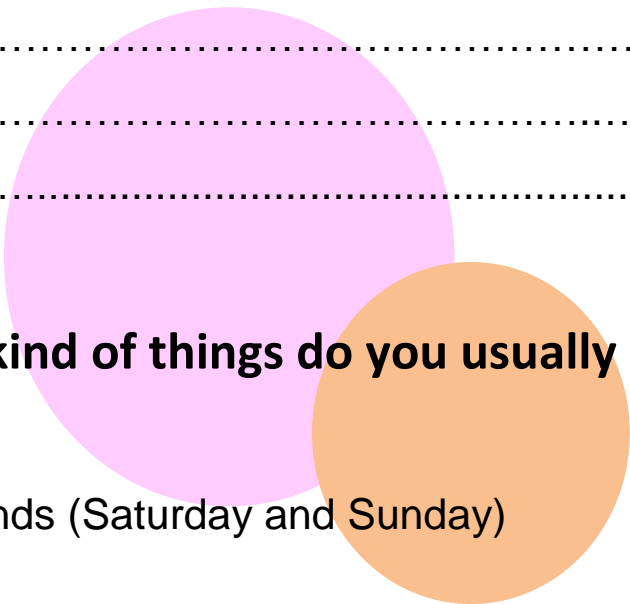
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Weekends (Saturday and Sunday)



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About my role as a carer

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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Physical things I help with

(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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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 time



**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)

1)

2)

3)

4)

5)

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

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

Yes

No

**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)

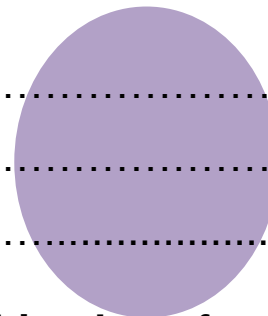
1)

2)

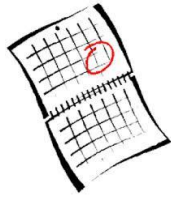
3)

4)

5)



My time



Do you have enough time for yourself to do the things you enjoy?

(for example, spending time with friends, hobbies, sports)

Yes

No

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

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

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Is there anything you would like to do? (Join a club, learn musical instrument, etc)

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School and College abc123

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 difficult

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What might help with this?

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Does someone at school know about your caring role?

Yes No If yes, who?

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

Yes No

How I feel about my life

How confident do you feel both in school and outside of school?

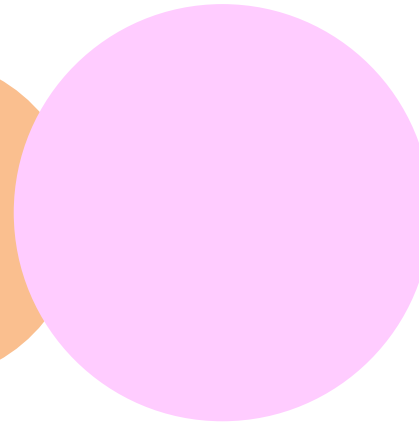
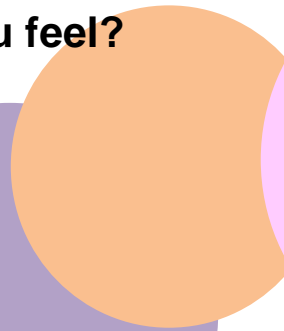
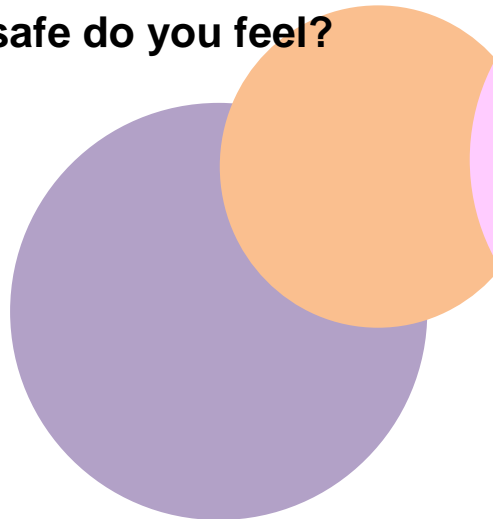
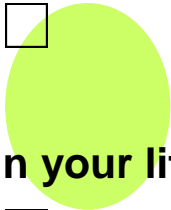
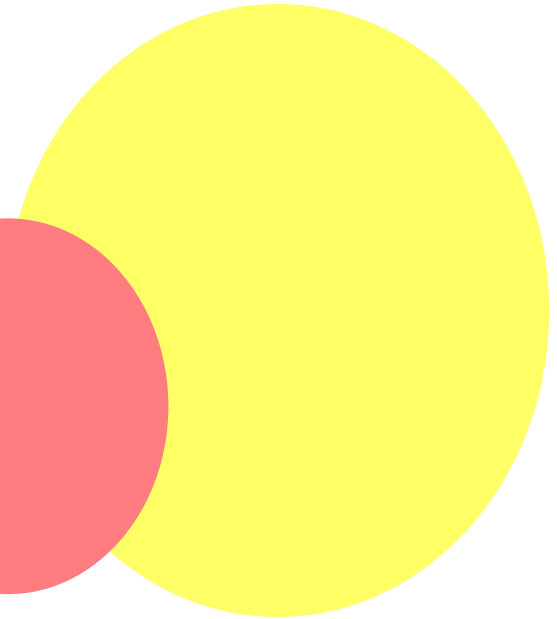
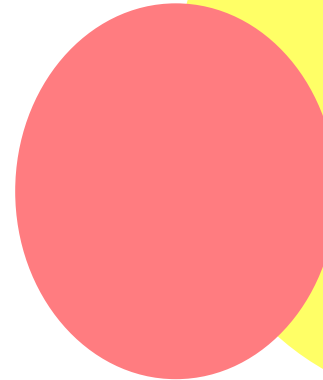
- Very Confident
- Somewhere in the middle
- Not confident at all

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

- Very happy
- Somewhere in the middle
- Not happy at all

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

- Very happy
- Somewhere in the middle
- Not happy at all



Being listened to...

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

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?

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)

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

Yes

No

If so, who?

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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

Would you like someone else to talk to?

Yes

No

Supporting me

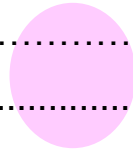


Some things that would make my life easier, help me with my caring or make me feel better

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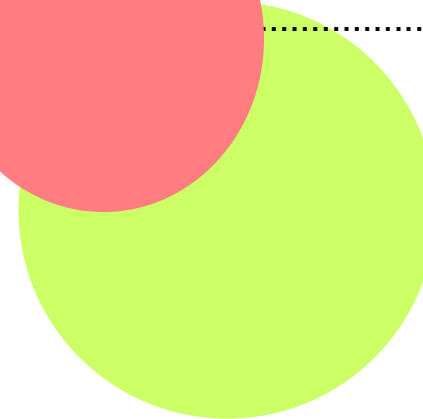
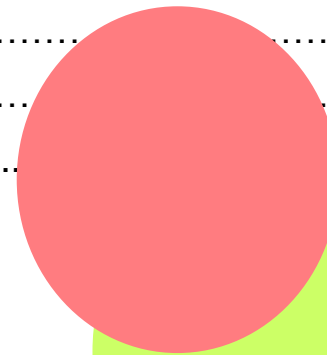
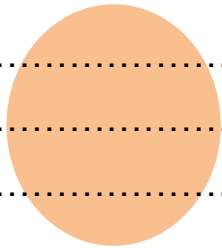


Who can I turn to for advice or support?

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Would you like a break from caring?

Yes

No

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

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Making life easier

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

When will this be reviewed?

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York Carers Centre

