



Identifying and Supporting Shetland's Young Carers

Young Carers Workbook

Appendix 5 To be used in conjunction with Guidance for Practitioners and the Young Carers Pathway

Name:

DOB:

Address:

School:

Completed with:

Date:

All About Me(things I like to do, activities I enjoy)

In the future I would like to(my personal goals, what would help me achieve them)

At Home (Who do you care for? What do you do for them? What does a typical day look like? What does a usual week look like? What can be difficult about caring? How does it affect your day to day life?)

At School (How am I doing at school? Attendance/TimeKeeping/Homework Does school know about my caring – would I like them to know? Could school help more – how? Do I have time for friends/clubs after school?)

Support my family gets now (family, friends, support services)

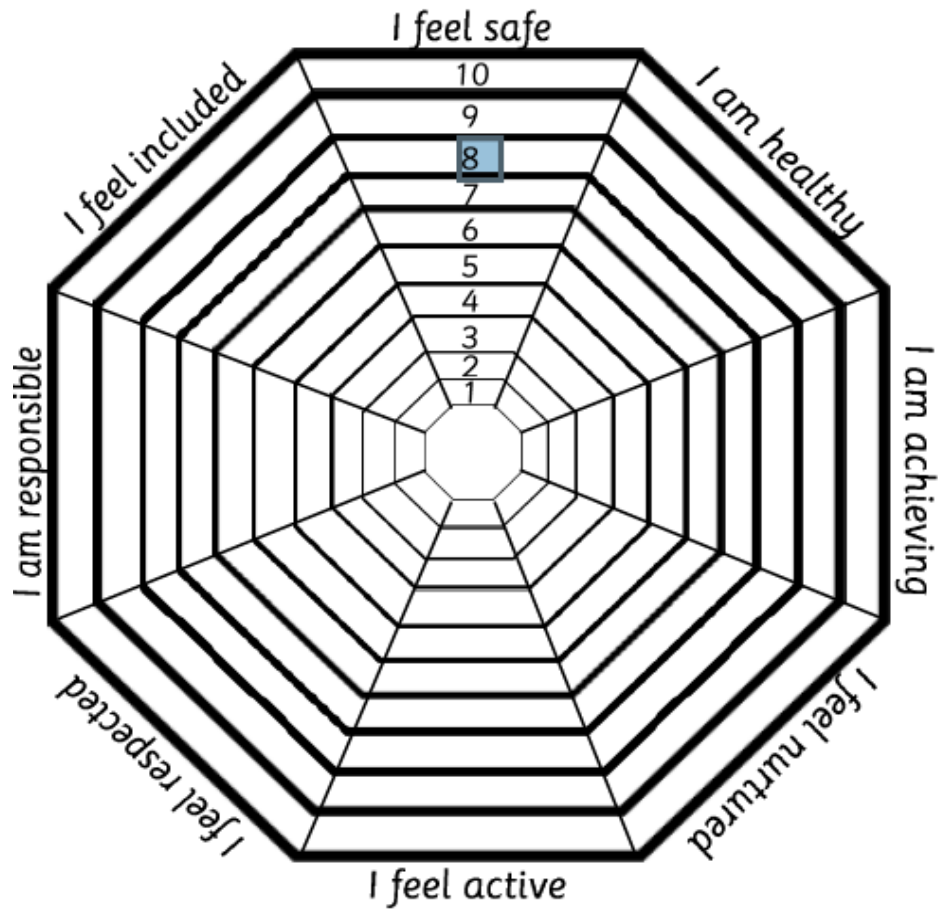
Do you feel willing to continue caring? Yes/No/Don't Know

Do you feel able to continue caring? Yes/No/Don't Know

Emergency and future planning.....(what to do in an emergency, contacts)

How does caring impact on my health & wellbeing? (0 – not at all; 10 – all of the time)

MY WELLBEING WEB



**ELIGIBILITY CRITERIA: PLEASE HIGHLIGHT TO SHOW THE IMPACT OF CARING AND LEVEL OF SUPPORT REQUIRED
(highlight one box for each wellbeing indicator)**

	Universal Support			More targeted support	
Wellbeing Indicators	No impact	Low Impact	Moderate Impact	Substantial Impact	Critical Impact
SAFE	Young carer free from abuse, neglect or harm at home, at school and in the community.	Young carer's situation at home/within the community is currently stable and manageable.	Young carer's situation at home is not ideal and there is potential risk to Young Carer and Cared for person.	Young carer's situation at home is not ideal and there are safety risks which cannot be remedied in the short term.	Young carer's situation at home is unsuitable and there are safety risks for the young Carer and the Cared for person.
HEALTHY	Young carer is in good physical and mental health with no identified medical needs.	Young carer is able to manage some aspects of the caring /family/social roles and responsibilities and social contacts and there is a possibility of the young carer's health being affected.	Young carer is able to manage some of the aspects of caring/family/social roles and responsibilities and social contacts but the young carer's health is being affected.	Young Carer is having difficulty in managing aspects of the caring/family/domestic/social roles and the young carer's mental health is affected as a result	Young carer has significant physical/mental difficulties due to the impact of their role as a carer that may cause life threatening harm
ACHIEVING	Young carer continues to access education and training and has no difficulty in managing caring and education.	Young carer has some difficulty caring and education/training. There is a small risk to sustaining education in the long term.	Young carer has difficulty managing caring and education and training. There is a risk to Sustaining education in the medium term.	The young carer is missing education or training and there is a risk of this ending in the near future.	The young carer is at significant risk and has had to give up education and training.
NURTURED	Young carer has positive emotional wellbeing. Has a nurturing place to live in and does not require additional help	Young carer role beginning to have an impact on emotional wellbeing and may require additional help when needed.	There is some impact on the young carer's wellbeing and on their relationship with the cared for person	There is a major impact on a daily basis to the young person's wellbeing and this impacts on the cared for person.	There is a complete breakdown in the relationship between the cared for person and the young carer and the young carer is unable to continue caring or has difficulty sustaining vital or most aspects of their caring role.

ACTIVE	The young carer has opportunities to take part in activities such as play, recreation and sport at home, in school and in the community.	The young carer has some opportunities to take part in activities such as play, recreation and sport at home, in school and in the community.	The young carer has limited opportunities to take part such as play, recreation and sport at home, in school and in the community.	The young carer has few and irregular opportunities to take part in activities such as play, Recreation and sport at home, in school and in the community and this may have a negative effect on healthy growth and development.	The young carer has no opportunities to take part in activities such as play, recreation and sport at home, in school and in the community and this has had a negative effect on healthy growth and development.
RESPECT RESPONSIBLE	The young carer has regular opportunities to be heard and involved in decisions and have an active and responsible role to be involved in decisions that affect them.	The young carer has some opportunities to be heard and involved in decisions and have an active and responsible role to be involved in decisions that affect them	Due to their caring role, the young carer has limited opportunities to be heard and involved in decisions that affect them.	The young carer has few and irregular opportunities to be heard and involved in decisions that affect them.	The young carer has no opportunities to be heard and involved in decisions that affect them.
INCLUDED	The young carer feels accepted as part of the community in which they live and learn. Has time to become part of community activities. Free from financial stress	The young carer feels some acceptance as part of the community but is unsure how to become part of the community activities. There is a small risk of financial stress.	Due to their caring role the young carer has limited acceptance as part of the community in which they live & learn. There is a risk of financial pressure.	The young carer feels isolated and is not confident in the community in which they live. Needing financial support	The young carer does not feel accepted as part of the community in which they live. The young carer's financial position is severe and there is financial hardship.