

Young Carers Pre-Screen tool

A Day in the Life of...

“A Day in the Life of ... “ A tool to identify and support Young Carers

Young Carers are defined as **“a person under 18 who provides or intends to provide care for another person (of any age, except where that care is provided for payment, pursuant to a contract or as voluntary work)”**. A young carer might provide care and support to someone if they have a physical or mental illness, a physical or learning disability, or drug/alcohol dependency.

This tool has been designed to develop an understanding of your child’s lived experience, identify Young Carers and a create suitable support pathway. Please complete this tool with your child.

Name of Child:		Date of birth:	
Name of Cared For Person:			
Relation of Cared For to child:			
Please describe the condition or disability of the cared for person:			
Contact details for person completing this tool:	Name:		
	Relationship to the child:		
	Contact email/phone:		
Date of completion:			

Practical Caring Tasks by Child	Frequency	Examples of what the child is doing	Impact on child	Impact on cared-for person
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Prepare, cook and clean at mealtimes	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> A lot <input type="checkbox"/>			
Cleaning shared rooms in the home	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> A lot <input type="checkbox"/>			
Redecorating and gardening	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> A lot <input type="checkbox"/>			
Food shopping by myself	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> A lot <input type="checkbox"/>			
Help with household paperwork	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> A lot <input type="checkbox"/>			
Work part time to bring in extra money	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> A lot <input type="checkbox"/>			
Lifting heavy items or assisting people to move	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> A lot <input type="checkbox"/>			

Personal Caring Tasks by Child	Frequency	Examples of what the child is doing	Impact on child	Impact on cared-for person
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Help the person you care for to wash/bath/shower	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> A lot <input type="checkbox"/>			
Help the person you care for dress	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> A lot <input type="checkbox"/>			
Help the person you care for during the night	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> A lot <input type="checkbox"/>			
Help the person you care for to eat	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> A lot <input type="checkbox"/>			
Communicate/interpret for someone	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> A lot <input type="checkbox"/>			
Medicate – prepare, administer or remind	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> A lot <input type="checkbox"/>			
Emotional Caring Tasks by Child	Frequency	Examples of what the child is doing	Impact on child	Impact on cared-for person
Keep the person you care for company	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> A lot <input type="checkbox"/>			
Comfort them when they are upset	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> A lot <input type="checkbox"/>			

Keep an eye on them/worry about them	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> A lot <input type="checkbox"/>			
Take the person you care for out on your own	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> A lot <input type="checkbox"/>			
Other (please specify):	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> A lot <input type="checkbox"/>			
Sibling Caring Tasks by Child	Frequency	Examples of what the child is doing	Impact on child	Impact on cared-for person
Take brothers and sisters to school	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> A lot <input type="checkbox"/>			
Look after brothers and sisters when my parents are nearby	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> A lot <input type="checkbox"/>			
Look after brothers and sisters alone	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> A lot <input type="checkbox"/>			

Scoring analysis and next steps For scoring purposes: 'Never' = 0 / 'Sometimes' = 1 / 'A lot' = 2

Assessment of child's caring role	Reason for decision	Next steps
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<p>0 No caring activity recorded</p> <p>The carer is an adult – the <u>child is not</u> undertaking a caring role</p>		<p>Signpost to Optalis – supports adult unpaid carers in RBWM: Advice line: 01628 683744 Email: adultsocialcarefrontdoor@rbwm.gov.uk</p>
<p>1-9 Low amount of caring activity</p> <p>The caring is appropriate - the child currently has <u>no</u> additional support needs</p>		<p>Ensure that universal services, such as school, are supporting the child and monitoring and regularly reviewing the young carer's situation.</p>
<p>10-13 Moderate amount 14-17 High amount</p> <p>Consider,</p> <ul style="list-style-type: none"> - are the caring tasks appropriate for their age, gender and stage in life - does your child have additional support needs that need exploring <p><i>Or</i></p> <p>18 and above Very high amount</p> <p>The caring is inappropriate and/or excessive</p>		<p>Download and self-refer to RBWM Family Action Young Carers for completion of a young carers needs assessment. For information and advice at any point in this process, contact rbwm.referrals@family-action.org.uk</p> <p><i>Or</i></p> <p>Contacting the Single Point of Access to make a referral for whole-family support.</p>