

“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 look after 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 the child’s lived experience, identify young carers and follow the young carers support pathway. Please complete with the child and/or parent/guardian. This tool should support any holistic assessment or referral process to ensure young carers receive the right support at the right time.

Name of Child:		
Date of birth of child:		
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:	
	Job title:	
	Contact email/phone:	
Date of completion:		

Practical Caring Tasks by Child	Frequency (click on box to check)	Examples of what the child is doing	Impact on child	Impact on cared-for person
Prepare, cook and clean at mealtimes	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> A lot <input type="checkbox"/>			
Household cleaning	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"/>			
Look after brothers and sisters alone	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> A lot <input type="checkbox"/>			
Lift heavy items or people	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"/>			
Personal Caring Tasks by Child	Frequency (click on box to check)	Examples of what the child is doing	Impact on child	Impact on cared-for person
Help with bathing/showering/shaving etc	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> A lot <input type="checkbox"/>			
Help with dressing	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> A lot <input type="checkbox"/>			
Help during the night	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> A lot <input type="checkbox"/>			
Help with eating	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"/>			
Other (please specify):	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> A lot <input type="checkbox"/>			



Emotional Caring Tasks by Child	Frequency (click on box to check)	Examples of what the child is doing	Impact on child	Impact on cared-for person
Keep them 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 (click on box to check)	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"/>			
Other (please specify):	Never <input type="checkbox"/> Sometimes <input type="checkbox"/> A lot <input type="checkbox"/>			



Practitioner scoring analysis and next steps

For scoring purposes: 'Never' = 0 / 'Sometimes' = 1 / 'A lot' = 2

Based on the conversation with the child and parent/guardian, and referring to the Young Carers referral pathway and guidance, make a decision on the next steps to be taken:

Assessment of child in relation to caring	Reason for decision	Next steps
0 No caring activity recorded The carer is an adult – the <u>child is not</u> undertaking a caring role		Signpost to Optalis – supports adult unpaid carers in RBWM: https://www.optalis.org/care-and-support-needs-assessment-contact-form Advice line: 01628 683744 Email: adultsocialcarefrontdoor@rbwm.gov.uk
1-9 Low amount of caring activity The caring is appropriate - the child currently has <u>no</u> additional support needs		Ensure that the service currently supporting the child monitors and regularly reviews the young carer's situation
10-13 Moderate amount 14-17 High amount 18 and above Very high amount of caring Referrer to analyse whether: The caring is appropriate - the child has additional support needs, <i>Or</i> The caring is inappropriate and/or excessive		If there are no safeguarding implication for the child, refer to RBWM Family Action Young Carers for completion of a young carers needs assessment. See contact details below. If there are safeguarding implications for the child, check if there is already social care involvement by contacting the Single Point of Access on 01628 683150 or 01344 786543 (Out of hours- Emergency Duty Team) and if not, make a referral.

For information and advice at any point in this process, contact:

Website: <https://www.family-action.org.uk/what-we-do/children-families/young-carers-windsor-maidenhead/>

Email: rbwm.referrals@family-action.org.uk

