‘A bit about my caring role’

1. Clean rooms

1. Cook or prepare meals



1. Wash dishes, clothes and hoover

1. Help with food shopping



1. Help lift/ carry heavy stuff



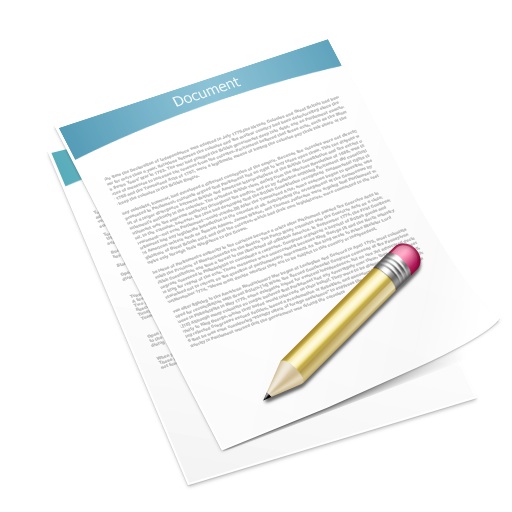
1. Help adults with money



1. Help with communication – sign language, interpretation or reading

1. Help with bills or important forms



1. Help adults get dressed



1. Help person to the toilet

1. Help person to wash

1. Help with medication (pills/ ointments)

1. Keep the person company





1. Make sure the person is okay



1. Help the person when we go out





1. Support person to doctors or hospital

17 .Listen to the worries of the person you care for

18. Take brothers or sisters to school



19. Look after brothers or sisters with an adult



20. Help brothers or sisters get dressed



21. Look after brothers or sisters on your own



How Caring Affects Me

 1. Do you feel upset or sad?



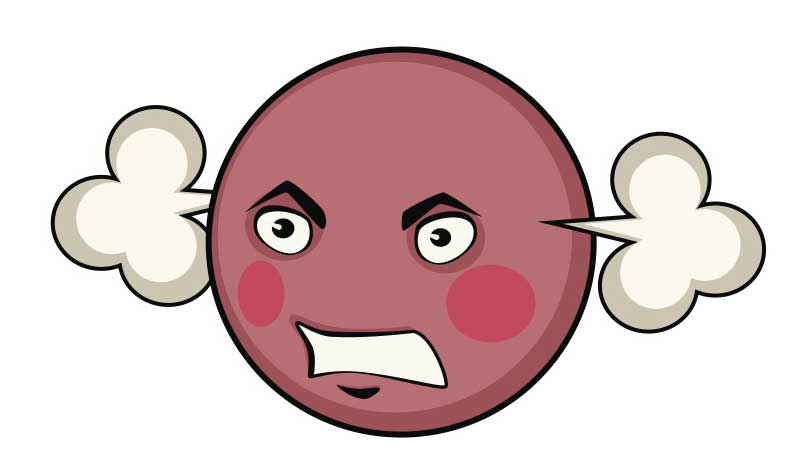
2. Do you feel stressed?



3. Do you feel tired?



4. Do you feel angry?



5. Do you have time to play sports/exercise?



6. Do you think you eat healthily?



7. Do you feel lonely?



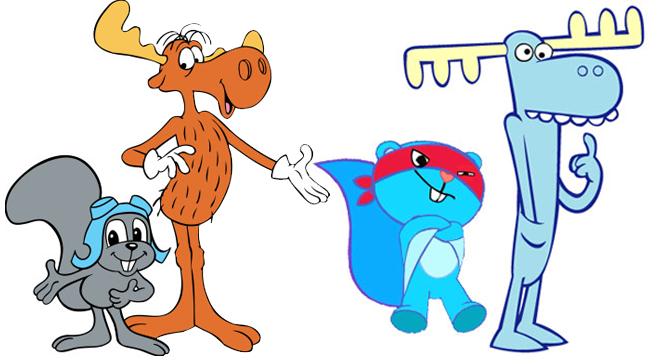
8. Do you get to see friends outside of school?



9. Do you have anyone you can talk to about caring?



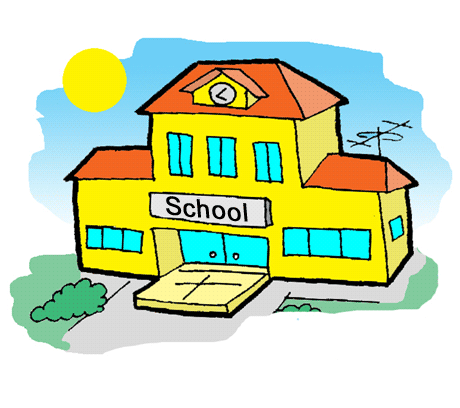
10. My friends know and understand about my caring role.



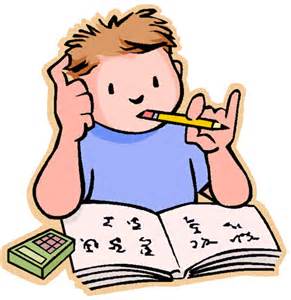
11. Do you have time to yourself?



12. Do you think about the caring you have to do when at school?



13. Are you bale to do your homework?



14. Do you have to take time off school for your caring?



15. Do you feel you can talk to a teacher?



16. Does your caring role ever feel too much?



17. Do you feel confident to deal with problems at home?

18. Do you feel confident to deal with problems at home?

19. Do you worry about money?



20. Do you enjoy being a young carer?

21. Do you feel closer to your family?

22. Are you learning new things being a young carer?

23. Do you have someone to help you when you need it?



Do you enjoy being a young carer?

Are you learning lots of new things being a young carer?

Do you feel closer to your family?

Do you feel you are helping at home?

How caring affects me

Choose the pictures that are in your thoughts and place them in the bubble. Put the ones that aren’t outside the bubble.

