



# Stirling Carers Centre

Supporting Unpaid Carers in the Heart of Scotland



## Stirling Young Carers Service

### Young Carers Personal Review

Name

1<sup>st</sup> Date

2<sup>nd</sup> Date

3<sup>rd</sup> Date

Young Carers Worker

## SECTION 1 – Review of Child / Young Person's Plan

**Personal star** – Please add your goals from the "How we will know this has been achieved" section of your Child/Young Person's plan in the arms of the star and rate where you think you are on achieving them. 1= not completed, 5= completed – It's okay to feel you have not achieved the goal yet, some goals may take time to complete.

**Desired Outcome** (in line with SHANARRI indicators) **from Child / Young Person's plan:** \_\_\_\_\_

A five-pointed star with five arms. Each arm has a vertical scale of five circles, numbered 1 to 5 from the center outwards. The top arm is labeled '5', '4', '3', '2', '1'. The right arm is labeled '5', '4', '3', '2', '1'. The bottom arm is labeled '1', '2', '3', '4', '5'. The left arm is labeled '5', '4', '3', '2', '1'. The bottom-left arm is labeled '5', '4', '3', '2', '1'. There are five empty rounded rectangular boxes, one at the end of each arm, for writing goals.

Notes...

SECTION 1 (Continued) – Review of Child / Young Person’s Plan

**Personal star – Please add your goals from the “How we will know this has been achieved” section of your Child/Young Person’s plan in the arms of the star and rate where you think you are on achieving them. 1= not completed, 5= completed – It’s okay to feel you have not achieved the goal yet, some goals may take time to complete.**

**Desired Outcome** (in line with SHANARRI indicators) **from Child / Young Person’s plan:** \_\_\_\_\_

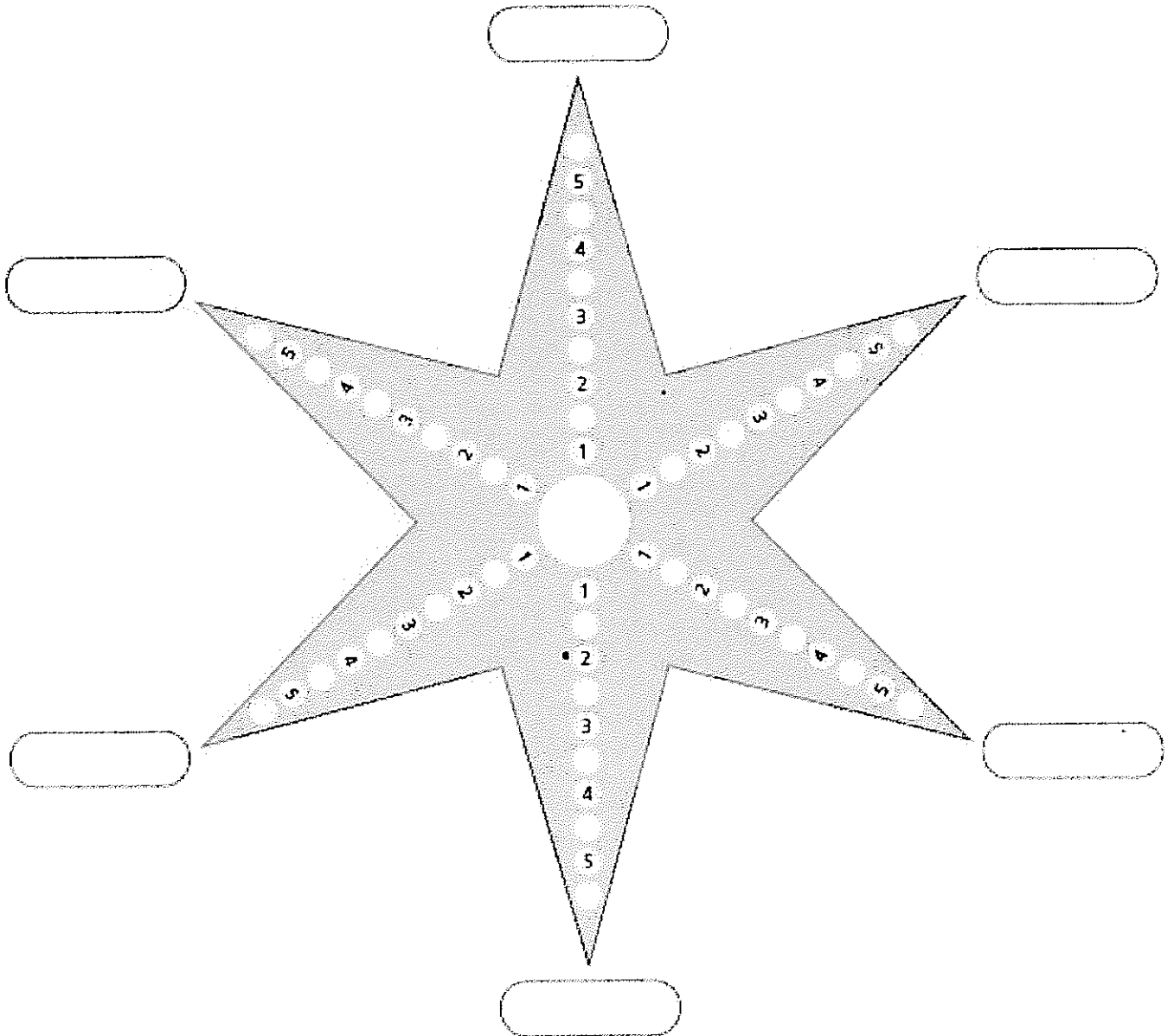
A five-pointed star with five arms. Each arm has a vertical scale of five circles, numbered 1 to 5 from the center outwards. There are five empty rounded rectangular boxes, one at the end of each arm, for writing goals. The star is shaded grey.

Notes...

SECTION 1 (Continued) – Review of Child / Young Person's Plan

Personal star – Please add your goals from the “How we will know this has been achieved” section of your Child/Young Person's plan in the arms of the star and rate where you think you are on achieving them. 1= not completed, 5= completed – It's okay to feel you have not achieved the goal yet, some goals may take time to complete.

Desired Outcome (in line with SHANARRI indicators) from Child / Young Person's plan: \_\_\_\_\_



Notes...

## SECTION 2 – Outcome Star

The personal outcome star can help you with talking and thinking about some different areas in your life. 1 = poor and 5 = great

**How I feel about....**

Being a Young Carer

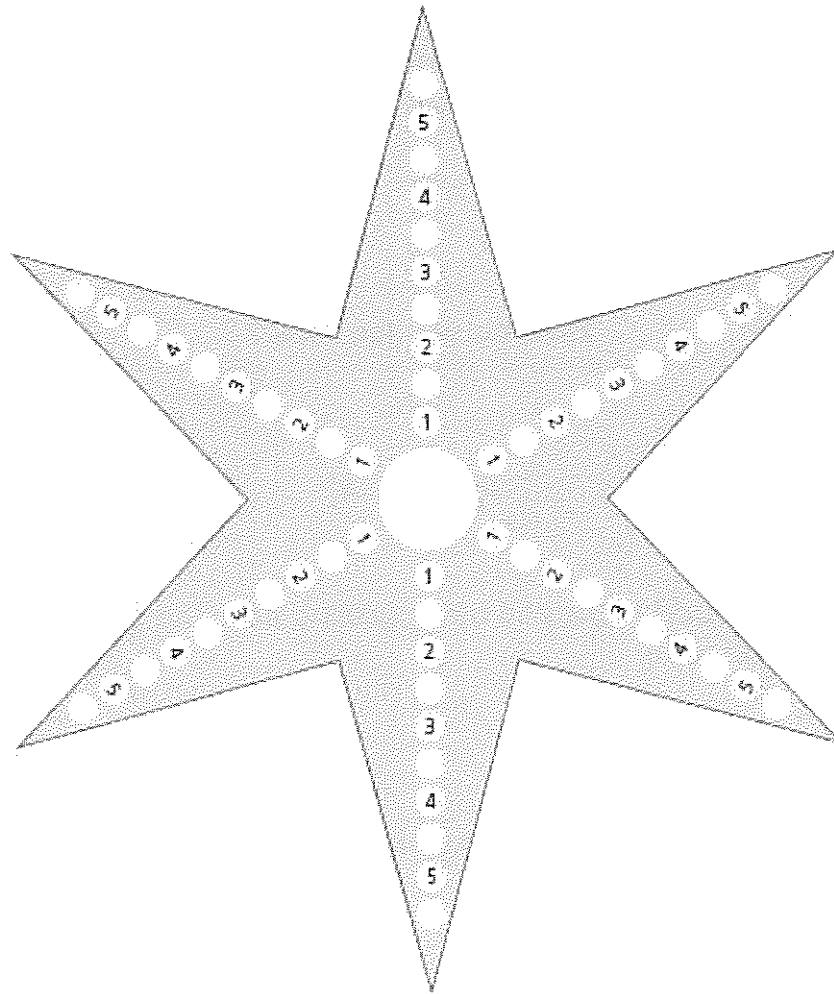
The Future

My confidence

Family

School

Friends



Notes...

**SECTION 3 – Support you have received**

**Instructions: Please complete the first review. Please add any additional reviews to the back of this document so that it becomes a review booklet that the young carer and staff can look through.**

**Do you have any questions about this Personal Review?**

**How did you feel before receiving support from the Young Carers Service? (Or how did you feel at your last review?)**

Not Good			OK				Great		
1	2	3	4	5	6	7	8	9	10

**How do you feel now?**

Not Good			OK				Great		
1	2	3	4	5	6	7	8	9	10

**What kind of help and support have you been getting from the Young Carers Service?**  
Please tell us a little bit about it.

**What has been the best thing about the support?**

**What has been the worst thing about the support?**

**Please tell us one thing, if anything, which has changed for you since requiring the support from the Young Carers Service?**

**SECTION 4 – Changes**

**Here are some ways the project might have helped you.** Please read the list and tick the box to show whether this is true for you.

	YES	NO	COMMENTS
I enjoyed most of the activities			
The project helped me make new friends			
The project taught me useful things			
The project was worth going to			
The project made me feel good about myself			
The project made me feel good about my family			
The project helped the person I care for			

**Here are some of the things that might have changed for you since being involved in the project.** Please read and tick the box to show whether this is true for you.

	YES	NO	COMMENTS
I now attend school/college/work more			
I now enjoy school/college/work more			
I now do better at school/college/work			
People pick on me less			
I now do less caring			
I now do less caring jobs that I dislike			
I now do less of the caring jobs that upset me			
I now do less of the caring jobs that worry me			
I now feel happier			
I now feel less isolated			
I now feel more supported			
I now feel less stressed			

**SECTION 5 – Goal Setting**

**Please finish the sentence – “The Young Carers Service is...”**

**Support from the Young Carers Service has helped me feel? (Please tick 2 boxes)**

... more safe		... more healthy	
... more active		... like I'm achieving more	
... more respected		... more confident	
... more included		... less stressed	
... less lonely		... happier	
...more supported		...less isolated	

**Do you want to change or update any of your goals? If so, please add them here.**

<b>My Goal</b>	<b>How can I reach my goal...</b>

**Moving On**

On a scale of 1 to 10 how ready do you feel to move on from the support you receive from the Young Carers Service?

Not ready				Almost ready				Ready	
1	2	3	4	5	6	7	8	9	10

Comments:

**Is there anything else you would like to tell us?**



Personal Review





