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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.

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| **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:** |  | | | |

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

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| **Personal Caring Tasks by Child** | **Frequency** | **Examples of what the child is doing** | **Impact on child** | **Impact on cared-for person** |
| Help the person you care for to wash/bath/shower | Never☐  Sometimes☐  A lot☐ |  |  |  |
| Help the person you care for dress | Never☐  Sometimes☐  A lot☐ |  |  |  |
| Help the person you care for during the night | Never☐  Sometimes☐  A lot☐ |  |  |  |
| Help the person you care for to eat | Never☐  Sometimes☐  A lot☐ |  |  |  |
| Communicate/interpret for someone | Never☐  Sometimes☐  A lot☐ |  |  |  |
| Medicate – prepare, administer or remind | Never☐  Sometimes☐  A lot☐ |  |  |  |
| **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☐  Sometimes☐  A lot☐ |  |  |  |
| Comfort them when they are upset | Never☐  Sometimes☐  A lot☐ |  |  |  |
| Keep an eye on them/worry about them | Never☐  Sometimes☐  A lot☐ |  |  |  |
| Take the person you care for out on your own | Never☐  Sometimes☐  A lot☐ |  |  |  |
| **Other** (please specify): | Never☐  Sometimes☐  A lot☐ |  |  |  |
| **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☐  Sometimes☐  A lot☐ |  |  |  |
| Look after brothers and sisters when my parents are nearby | Never☐  Sometimes☐  A lot☐ |  |  |  |
| Look after brothers and sisters alone | Never☐  Sometimes☐  A lot☐ |  |  |  |

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

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| **Assessment of child’s caring role** | **Reason for decision** | **Next steps** |
| 0 No caring activity recorded  The carer is an adult – the child is not undertaking a caring role |  | [Signpost to Optalis](https://www.optalis.org/care-and-support-needs-assessment-contact-form) – supports adult unpaid carers in RBWM:  Advice line: 01628 683744  Email: [adultsocialcarefrontdoor@rbwm.gov.uk](mailto:adultsocialcarefrontdoor@rbwm.gov.uk) |
| 1-9 Low amount of caring activity  The caring is appropriate - the child currently has no additional support needs |  | Ensure that universal services, such as school, are supporting the child and monitoring and regularly reviewing the young carer’s situation. |
| 10-13 Moderate amount  14-17 High amount  Consider,   * are the caring tasks appropriate for their age, gender and stage in life * does your child have additional support needs that need exploring   *Or*  18 and above Very high amount  The caring is inappropriate and/or excessive |  | Download and self-refer to [RBWM Family Action Young Carers](https://www.family-action.org.uk/what-we-do/children-families/young-carers-windsor-maidenhead/) 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](mailto:rbwm.referrals@family-action.org.uk)  *Or*  Contacting the [Single Point of Access](https://rbwm.afcinfo.org.uk/pages/local-offer/information-and-advice/social-care/single-point-of-access-spa-and) to make a referral for whole-family support. |