

Young Carer Identification Script



Is there anyone in your family you care for that has a long term illness/disability/special needs or have mental health or drug/alcohol concerns?

- If the answer is YES – this person could be a young carer or young adult carer. Continue with the rest of the questions.

Who lives in your house? Does someone who doesn't live at home help you with caring?

- If this young person is the sole carer they might need help or support. However they might have this from family and/or friends who live nearby.

Do you feel like you give emotional support to anyone in your family? If you stopped providing this support, would your family struggle?

- 82% of young carers say that caring affects them emotionally, especially if there are Mental Health issues in the family. 40% will develop their own Mental Health issues if not identified early including; eating disorders, self harming, depression, anxiety, stress, panic attacks

Do you worry about your family when you're not with them?

- They worry they might fall, not take medication, harm themselves, drink, take drugs, not eat, not care for their siblings properly etc. This makes them anxious, stressed and unable to concentrate at school/college.

How does this make you feel? Do you feel lonely, left out, not understood or not listened to?

- Nobody asks how they are or how they feel about caring. The focus is on the person they care for. They might not realise that they are a young carer. They have no choice but to care and become isolated due to caring responsibilities.

How much free time do you have? Is there anything that your friends do that you are not able to do? Is there anything you would like to do if you could?

- Caring means that they can't always attend after school activities, go out with friends, have friends over or have a hobby. This adds to their isolation and stress and can lead to Mental Health problems.

How are things going at school? How does caring affect you at school?

- There are 2 young carers in every secondary school class. Many miss school. Their education suffers and their grades are lower than their peers who don't have caring responsibilities. Encourage them to tell someone at school that they are a young carer.

How many hours a day do you help at home?

- Caring can be emotional as well as physical. This could be looking after siblings, cooking, cleaning, calming someone down etc.

What does your day look like from when you wake up to when to go to bed?

- Use pictures or ask them to draw as it helps with those who might have language issues, learning difficulties or lack confidence.