

## YOUNG CARER ASSESSMENT TOOLS

### “ABOUT ME” EXERCISE

Thinking about what we’ve covered so far in terms of hearing about young carer’s experiences, the role that a young person’s development stage plays and the importance of engaging well when talking to a young person.....

Step 1: Choose a scenario to look at in small groups

Step 2: Think about what you as an assessor may want to get out of the assessment process in terms of establishing the impact of caring on the young carer’s wellbeing?

Step 3: Try and list the questions that spring to mind from the limited information that you are given.

Step 4: Making some assumptions about interest, personality etc. think about how you might use the “About Me” Toolkit so that you get the most out of it.

Step 5: Reflect on what sort of challenges you might experience and possible strategies to overcome.

Step 6: Identify the strengths and weaknesses in relation to your own skill set.

#### **Scenario 1**

You are meeting with a 10 year old boy who lives with his Mum and Dad and 3 siblings. Mum has mental health problems. Her assessment is underway. Dad works full time and because of his commute into London he doesn’t usually get home much before the younger children’s bedtime. The school has indicated that they think the boy is taking on some responsibilities around his younger siblings.

## **Scenario 2**

Kay lives with Mum and Dad. Dad had a stroke 2 years ago and has been left with significant physical limitations. His mobility is poor, often using a wheelchair both in and out of the home. He needs assistance to get up the stairs to bed as there is no stair lift in situ. Dad used to play a large part in Kay's routines because his wife does not drive and because he was self-employed and his work schedule was flexible. Kay has just turned 8. Mum is a bit concerned as she increasingly wants to spend time at home in the afternoon and has given up some of her after school activities.

## **Scenario 3**

You have arranged with the parents of a 7 year old to meet their son at school to talk about his experiences living with his older brother who has severe autism and learning disabilities. You have met him before at home with his parents present, and again when you popped into school to set up the meeting. When you sit together to start your chat, his demeanour changes and uncharacteristically he is not very communicative.