

## WHOLE FAMILY WORKING – MAKING IT REAL FOR YOUNG CARERS

### Identifying Risk and Resilience Factors – Case Studies Sample Answers

#### Case Study 1 – Kim

Risk Factors	Resilience Factors
<p><b>Self:</b> Possible developmental delay Difficult temperament Anxiety Bed wetting and personal care</p> <p><b>Family:</b> Changes in family with birth of sister with disabilities Possible reduced parental input/neglect</p> <p><b>Environment:</b> Change in teacher and friend moving are both significant life events Being bullied</p>	<p><b>Self:</b> Secure early relationships Female Capacity to make friendships Communicating openly with HSLW</p> <p><b>Family:</b> At least one good parent relationship Apparent absence of severe discord Affection and concern</p> <p><b>Environment</b> Supportive school network Good housing and standard of living Range of leisure interests and opportunities outside of school</p>

#### Case Study 2 - Sam

Risk Factors	Resilience Factors
<p><b>Self:</b> Low self esteem Anxiety and depression Lack of sleep Physical illness: aches and headaches Shy and lacking in confidence Reluctance to communicate</p> <p><b>Family:</b> Parents separated Mother with physical disabilities Possible reduced parenting</p> <p><b>Environment:</b> Possible economic disadvantage resulting from mother's lost income Significant life event – change in school Being bullied</p>	<p><b>Self:</b> Intelligent Secure early relationships Easy temperament</p> <p><b>Family:</b> At least one good parent relationship Affection</p> <p><b>Environment</b> Supportive network at school – counsellor and school nurse Good housing School with strong academic and non-academic record</p>

