

# UNDERTAKING A YOUNG CARERS ASSESSMENT USING i-CARE

## TEN 'TOP TIPS'

### REMEMBER:

1. I-Care Assessment tool is just that – a tool. Use creatively and in a way which suits the young person.
2. Consider giving the young person i-Care in advance so they can think about what they want to say.
3. Agree with the young person where they want to meet – consider using email and text as a way of communicating in advance.
4. Give the young person time and space to speak for themselves.
5. Appropriate dress, body language and environment which makes the young person feel relaxed and comfortable – avoid coming over as intimidating.
6. Don't try to 'fix' too soon – listen, listen and then listen. Avoid going into 'rescuing' mode.
7. Avoid being judgemental and making assumptions.
8. Demonstrate empathy through good reflective practice.
9. Avoid jargon and use age appropriate language.
10. Respect and take into account cultural differences within the family.