**Step 9, Tool 3:**

The Positive and Negative Outcomes of Caring (PANOC)

08

**Fal**

**Purpose**

The Positive and Negative Outcomes of Caring (Joseph, S, Becker, F, and Becker, S, 2009), herein referred to as PANOC – YC20, is a questionnaire to be completed by young carers. It can be used to gain an understanding about the impact of caring on a young carer.

**Guidance**

Research and practice have identified that many young carers are significantly affected by their caring responsibilities both negatively and positively. For this reason, the PANOC-YC20 is designed to give you an idea about how caring is impacting on a young carer in both positive and negative respects.

**Scoring for the PANOC-YC20**

For the PANOC-YC20 each of the items are rated on a 3-point scale, ‘Never’, ‘Some of the time’, and ‘A lot of the time’.

For scoring purposes:

‘Never’ = 0

‘Some of the time’ = 1

‘A lot of the time’ = 2

To calculate the positive response score: sum items 1, 2, 3, 4, 7, 8, 15, 18, 19 and 20.

To calculate the negative response score: sum items 5, 6, 9, 10, 11, 12, 13, 14, 16 and 17.

**Interpretation of the scores on the PANOC-YC20**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Scores** | **Interpretation** | **Potential for concern?** |
| **Positive** | 0 | No positive outcomes reported | Yes |
|  | 1-12 | Relatively few positive outcomes | Yes |
|  | 13-20 | Relatively high positive outcomes |  |
| **Negative** | 0 | No negative outcomes reported |  |
|  | 1-8 | Relatively few negative outcomes |  |
|  | 9-20 | Relatively high negative outcomes | Yes |

Statistical analysis indicates that scores of less than 12 on the positive scale, and/or greater than 8 on the negative scale may be indicative of concern.

For example, this may indicate that a young person is suffering from emotional distress and the school should implement and/or refer the young carer for appropriate emotional support (see Step 6, Tool 9: Checklist of Support Young Carers Might Need).

**References**

Joseph, S, Becker, F, Becker, S (2009) Manual for Measures of Caring Activities and Outcomes For Children and Young People

Year group: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Your name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of birth: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Today’s date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Below are some things young carers like you have said about what it feels like to look after someone.**

**Please read each statement and tick the box to show how often this is true for you.**

**There are no right or wrong answers. We are just interested in what life is like for you because of caring. Thank you.**

|  | **Never** | **Some of the time** | **A lot of the time** |
| --- | --- | --- | --- |
| 1. Because of caring I feel I am doing something good |  |  |  |
| 1. Because of caring I feel that I am helping |  |  |  |
| 1. Because of caring I feel closer to my family |  |  |  |
| 1. Because of caring I feel good about myself |  |  |  |
| 1. Because of caring I have to do things that make me upset |  |  |  |
| 1. Because of caring I feel stressed |  |  |  |
| 1. Because of caring I feel that I am learning useful things |  |  |  |
| 1. Because of caring my parents are proud of the kind of person I am |  |  |  |
| 1. Because of caring I feel like running away |  |  |  |
| 1. Because of caring I feel very lonely |  |  |  |
| 1. Because of caring I feel like I can’t cope |  |  |  |
| 1. Because of caring I can’t stop thinking about what I have to do |  |  |  |
| 1. Because of caring I feel so sad I can hardly stand it |  |  |  |
| 1. Because of caring I don’t think I matter |  |  |  |
| 1. Because of caring I like who I am |  |  |  |
| 1. Because of caring life doesn’t seem worth living |  |  |  |
| 1. Because of caring I have trouble staying awake |  |  |  |
| 1. Because of caring I feel I am better able to cope with problems |  |  |  |
| 1. I feel good about helping |  |  |  |
| 1. Because of caring I feel I am useful |  |  |  |