my name is
and I’m a young carer
<table>
<thead>
<tr>
<th>Date of Birth:</th>
<th>I Look after</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>□ Mum</td>
</tr>
<tr>
<td></td>
<td>□ Dad</td>
</tr>
<tr>
<td></td>
<td>□ Brother</td>
</tr>
<tr>
<td></td>
<td>□ Sister</td>
</tr>
<tr>
<td></td>
<td>□ Grandparent</td>
</tr>
<tr>
<td></td>
<td>□ Other</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>My School</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Age started caring</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Hours caring per week</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Identity Number (Office Use)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>

### I’m NOT just a carer
(write or draw about something you like or interested in)

### How do I care

- [ ] Stay in
- [ ] Extra Chores
- [ ] Personal Care
- [ ] Translation
- [ ] Other

### Am I the main carer?
- [ ] Yes
- [ ] No

### Is there anything else you want to tell us?

### Who else lives at home?

_____________________________

### What services are involved with me and my family?

_____________________________
1. Does anyone help me to care?

2. What help would I like with caring?

3. Has anything in my family changed recently
   (someone's health or help they need)

4. What would I like to change for me or my family
   IDEAS: to meet people to take a break - a holiday, time for myself, more choices.

5. I can usually take part in...
   IDEAS: Things my friends do, school activities, social life

6. Sometimes I miss out on...
1. What's my attendance and timekeeping like at school?

2. How do I get to school?

3. Do I attend after school groups?
   - No
   - Yes
   If 'yes', what for?

4. Do I manage to do any homework?
   - No
   - Yes

5. Does school know about my caring role?
   - No
   - Yes
   Would I like an adult at school to know more about my caring role?
   - No
   - Yes
   If yes, who?

How does school help?

Do I have friends at school or outside school?
   - No
   - Yes
1. My physical health is...

2. My emotional health is...

3. My mental health is...

4. My social life is...

5. Do I ever wake up or get up at night to help?
   - [ ] NO
   - [ ] YES
   If 'yes', how often?

6. Does anything worry you?
Below is a wellbeing wheel, it has eight indicators and under each indicator is a definition. Rate how you feel from 1 to 5.

1 - Not at all
2 - Not very
3 - Fairly
4 - Mostly
5 - Very

- Included
- Safe
- Responsible
- Healthy
- Respected
- Achieving
- Active
- Nurtured
Question 1
Do I have family close by?  ○ Yes  ○ No

Question 2
Do they help out?  ○ Yes  ○ No

Question 3
If yes, who?

My aspirations for my life beyond caring are:

Emergency planning:
○ I need to be contacted quickly if something happens to the cared for person.
○ It must be acknowledged that I may hold important information needed.
○ I might need someone to look after my wellbeing.
○ I must be involved in planning for the cared-for person, if appropriate

From time to time I may need:

Anything else I would like people to know:

Recommended actions:
1
2
3

Date: Date of review: Young Carer Signature