

Guidance pack – Young people’s caring role questionnaire

to help identify appropriate support
(Bristol)



Guidance



A young carer looks after someone who has a disability, a long-term illness, or is affected by mental ill health or substance misuse. Young carers may look after parents, care for a brother or sister, or another family member.

Identifying a young carer is part of the safeguarding responsibility for all professionals and organisations who come into contact with children and young people. Many children and young people are hidden young carers. Often families and young people may often not recognise that they are young carers.

Professionals are key to raising awareness with families and young people and helping them to get the support they need.

Young Carers have the right to an assessment if they, or their parent, requests one. The Bristol and S. Gloucestershire Young Carers Service undertakes the statutory assessments for Bristol City Council. The assessment finds out the type, extent of caring and the impact of caring from which a support plan is developed. It also considers whether it is appropriate or excessive for the young carer to provide care for the person in question, this is done in light of the young carer's needs and wishes. ([Working together to safeguarding children and young people 2018](#); [Keeping children safe in education - GOV.UK \(www.gov.uk\)](#); [Keeping children safe in out-of-school settings: code of practice - GOV.UK \(www.gov.uk\)](#))

The signs that someone may be a young carer will be different depending on the setting you are working in. Young carers can often be secretive about their homelife however they might share something, Key is what young people share about home life, they may show signs of tiredness or being anxious, depressed or isolated. Further helpful guidance can be found in:

- The Young Carers in School Programme provides a useful toolkit: [Young Carers Identification Guide](#)

Young carers questionnaire to help identify appropriate support

Once you are aware a child or young person may be caring the form below is to help professionals understand more about the level of caring responsibilities and identify if it is appropriate to make a referral to the Bristol and S. Gloucestershire Young Carers Service for an assessment and additional support. The form is based on the Multidimensional Assessment of Caring Activities (Joseph, S, Becker, F, and Becker, S, 2009). It was designed as a short and easy evidence based tool that was developed and tested with young carers.

Care has been taken to ensure the wording is appropriate for most children and young people. Most young people of secondary age will be able to complete it themselves, those in primary school are likely to need help with explanations. Wherever possible it is recommended that children and young people are given the opportunity to complete by themselves.

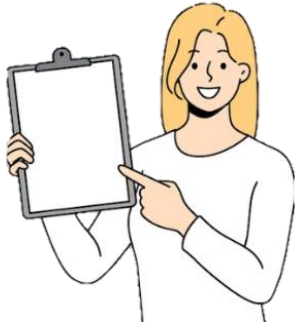
Consent to complete the form depends on their age. We recommend:

- 5-9 years: Parents should be involved in discussion with the young carer
- 10 – 12years: Appropriate to do with parental consent
- 13+ years: Appropriate to do without parent consent.

We also recommend you seek consent to keep information as it is useful to review at a later stage if their situation changes.

Following completion of the form the next steps will need to be agreed with the parent and/or young carer, depending on their age. It is part of schools statutory duty to record young carers and to assess and offer intervention if required. Young carers should be referred to the DSL. (The Young Carers in Schools Programme provides further guidance on support that can be undertaken in schools [YCiS-Step-7-Tool-3.pdf \(youngcarersinschools.com\)](#) ; [YCiS-Step-6-Tool-1.pdf \(youngcarersinschools.com\)](#))

Young carers' responses to the questionnaire should always be treated in confidence and used in line with the school's child protection and confidentiality policies. (Follow guidance in [Information sharing: advice for practitioners \(publishing.service.gov.uk\)](#))



Scoring the answers

Each of the items are rated on a 3-point scale, 'Never/ rarely', 'Some of the time' and 'A lot of the time'. For scoring purposes:

- 'Never/ rarely' = 0
- 'Some of the time' = 1
- 'A lot of the time' = 2

The score provides a summary of caring activity by totalling all 25 items. The lowest score is 0 and the highest score is 50. Of course, most children and young people will score somewhere between the two extremes. The higher scores indicate greater levels of caring activity. The following categories are useful:

- 0 No caring activity recorded
- 1-9 Low amount of caring activity
- 10-13 Moderate amount of caring activity
- 14-17 High amount of caring activity
- 18 and above Very high amount of caring activity

It is recommended that those whose score is 10+ should be referred to Bristol and South Gloucestershire Young Carers Service. Parental permission is required for this referral, and the child and young person agreement is obviously preferable.

Bristol and South Gloucestershire Young Carers Service Referral form is here:

[Referral to our young carers service | Carers Support Centre](#)

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All young carers identified should be logged on registers or service user database systems to improve data on identification of young carers, help safeguard and assist in monitoring improved support.

If you feel the young person's caring role is inappropriate or excessive then it is recommended that a referral to social care is made. There is no definition of inappropriate or excessive care, it depends on age and type of care e.g., 10-year-old taking responsibility for feeding family; a young carer helping the cared for wash/ bath or shower all the time; young carer looking after siblings all the time or taking siblings to schools all the time. Raise a safeguarding concern and discuss with your Designated Safeguarding Lead if you feel the amount or type of caring is a concern.

There is another questionnaire that explores the impact of caring called The Positives and Negative Outcomes of caring (PANOC). This could be used if there is the capacity to provide ongoing support.

Schools are recommended to become a member of the Young Carers in Schools Programme. Contact youngc@carerssupportcentre.org.uk for more information. If you are already part of the programme, then using this questionnaire contributes to gaining a Silver Award.

We are trialling this resource so would appreciate feedback from professionals and young people. Feedback questionnaires are provided. Once they are completed, please scan/photo and email to youngc@carerssupportcentre.org.uk



Feedback form for professionals

Name:

Organisation:

Contact details:

How useful was this resource?

0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
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Not useful

Very useful

Does the guidance contain all the information you need?

Anything you recommend adding to the guidance?

What age were the young people you used with it?

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What was the age of those who were able to complete the form without assistance?

What was the age of those who needed assistance to complete the form?

What type of support did you need to provide for the young person to complete the questionnaire?

Any other feedback to help improve this resource?