

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](#)

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.

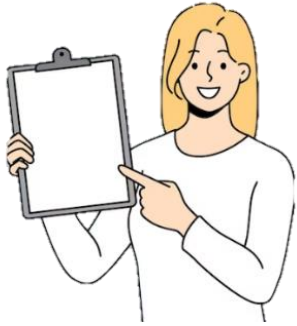
Consent to complete the form depends on their age. We recommend:

- 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 \(youngcarersinschools.com\)](https://www.youngcarersinschools.com/ykis-step-7-tool-3.pdf) ; [YCiS-Step-6-Tool-1.pdf \(youngcarersinschools.com\)](https://www.youngcarersinschools.com/ykis-step-6-tool-1.pdf))

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 \(publishing.service.gov.uk\)](https://www.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/444444/information-sharing-advice-for-practitioners.pdf))



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](#)

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 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



Young people's caring role questionnaire

Please can you fill out this form to help us understand the caring that you do and consider the support that may be helpful. This questionnaire is being trialled so we would really appreciate if you would tell us how easy it was to complete, there are some additional questions about this at the end.

Name:

Who do you help to look after or care for? *(Please tick as many boxes as apply to you)*

<input type="checkbox"/> Mum	<input type="checkbox"/> Brother/s or sister/s	<input type="checkbox"/> Other family members
<input type="checkbox"/> Dad	<input type="checkbox"/> Grandparent/s	<input type="checkbox"/> Friend or other

Why do you need to look after them? *(Please tick)*

<input type="checkbox"/> They have a physical disability. <i>(For example, they are unable to walk and use a wheelchair; they are deaf or blind; they may not have some limbs; difficulties with mobility and doing day to day tasks.)</i>	<input type="checkbox"/> Substance use <i>(For example, they drink alcohol or take other drugs – these may be illegal or sometimes prescribed by the doctor) where they find it difficult to stop. The alcohol and/ or drugs take priority in the home and how they behave, and feel can be unpredictable)</i>
<input type="checkbox"/> They have a learning disability. <i>(This may mean they may attend a special educational need school / may mean their learning ability is different from their peers.)</i>	<input type="checkbox"/> They have a long-term illness. <i>(For example, fibromyalgia, live with constant pain, have chronic fatigue, cardiovascular disease, cancer, epilepsy, or many others)</i>
<input type="checkbox"/> They have mental health problems. <i>(For example they can find life very challenging due having depression, anxiety, feel they can't go out; schizophrenia)</i>	<input type="checkbox"/> They are ill in another way
<input type="checkbox"/> They are neuro divergent. <i>(E.g. autistic, ADHD and may access additional support in or attend a special educational need school)</i>	<input type="checkbox"/> Sensory impairment <i>(When one of your senses; sight, hearing, smell, touch, taste and spatial awareness, is no longer normal.)</i>

Below are some jobs that young carers do to help. Please read each one and put a tick in the box to show how often you have done each of the jobs in the past month.

	Never/ Rarely	Some of the time	A lot of the time	Add any comments to explain more if you want
Household jobs:				
Clean your own bedroom	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Clean other rooms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Cooking and preparing food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Helping the person to eat/drink	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Wash up/ dry dishes, use dishwasher	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Doing the laundry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Decorate rooms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Take responsibility for shopping for food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Help with lifting or carrying heavy things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Dealing with money and finances:				
Help with financial matters such as dealing with bills, banking money, or collecting benefits	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Work part time to bring money in	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Looking after the cared for person:				

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Interpret, sign or use another communication system for the person you care for	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Help the person you care for to dress or undress	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Help the person you care for have a wash	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Help the person you care for have a bath or shower	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Helping the person to use the toilet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Offering emotional support to cared for (<i>for example, giving parent a hug when they are down, listening to them when they are sad, do you try and make them laugh?</i>)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Helping give medication	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Keep the person you care for company (<i>for example, sitting with them, reading to them, talking to them</i>)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Keep an eye on the person you care for to make sure they are alright	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Take the person you care for out (<i>For example, for a walk to see friends or relatives</i>)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Looking after siblings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Take siblings to school	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Look after siblings whilst another adult is near by	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Look after siblings on your own	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

If you do anything else to help the person you care for add below



Young people's feedback

This questionnaire is being trialled so we would really appreciate if you would tell us how easy it was to complete.

How easy was this form to complete?

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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Very easy

Very hard

Was there anything you didn't understand?

Yes <input type="checkbox"/>	No <input type="checkbox"/>
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If yes, what did you not understand?

Are there any changes or improvements that would make the questionnaire easier to use?

For professional use only:

Discussion between professional and child/young person

1. What do you want to happen next?

2. Can you talk to your parent/guardian about your caring role?

3. Would you like a referral to Young Carers Support Service for additional support?

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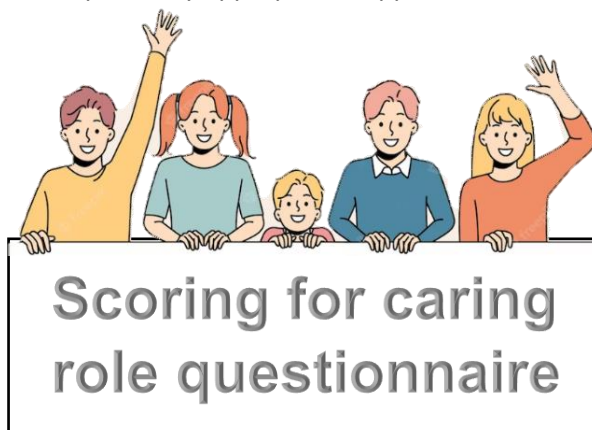
4. Who would it be useful to tell anyone else about being a young carer?

5. Are there any other professionals that you would like support from?

6. Who will you let know if things get worse?

7. Would you like us to check in with you within 6 months?

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Number marked "Some of the time"	
Number marked "A lot of the time" x2	
Total score	

- 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

Scores above 10 – recommend referral to Young Carers Service

Referral form to Young Carers Service is [here](#). Parental agreement required.

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

Next steps:

1. Share outcome of questionnaire and with parents
2. Refer/ signpost/ share **"Information sheet on support for Young Carers."**

Referral form to Young Carers Service is [here](#). Parental agreement required.



Feedback from 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?

Services available to you in the Bristol area

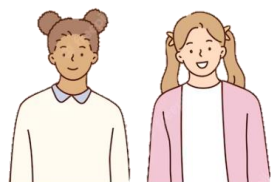
Here are a list of **free** services that we would recommend you look through who could help support you whilst you wait for an assessment. These services are aimed to support young people all over Bristol.

Youth and play organisations:

Name of service	Description	Website	Age range
Young Carers Service Carers Support Centre	Providing free activities, groups and 1-1 support for young carers. Also undertakes statutory assessments for young carers.	Help for young carers Carers Support Centre youngc@carerssupportcentre.org.uk 0117 9589980	5-17 years old
ACTA	Drama club for young carers in South or East Bristol. On Thursdays 5-6pm, on Zoom at present. To refer your child, please follow the link and sign your child up.	https://www.acta-bristol.com/	10-18 years old
Bagga Bites Youth	Free takeaway for 12-18 years old	https://www.facebook.com/baggator.bristol/	12-18 year olds
Barnardos	Youth services, support for young people particularly with homelessness, employment/training/skills and LGBTQ+	https://www.barnardos.org.uk/	Children of all ages
Brave Bold Drama	Hartcliffe based for families living in BS13, range of art based activities	https://bravebolddrama.co.uk/	6-12 years old
Bristol Black Carers	Providing support and assistance for Caribbean, African and Asian carers in Bristol	http://www.bristolblackcarers.org.uk/	8-18 years old

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Bristol Drugs Project	Support young carers of parents with substance use.	http://www.bdp.org.uk/	5-16 years old
Creative Youth Network (CYN)	1-1 support covering a wide range of topics. Weekly young carers group in East Central and South Bristol. Open access youth groups In different location in the city.	www.creativeyouthnetwork.org.uk	11-19 years old
Children's Centres	<p>Check your local Children's Centre for activities, advice, and guidance for family support. You will need to register your child at your local centre.</p> <p>North Bristol Children's Centre: Covers Filten Avenue, Upper Horfield, Lockleaze, Southmead, Brentry, Henbury, Sea Mills, Long Cross and Avonmouth</p> <p>Central Bristol Children's Centre: Covers St Pauls, Barton Hill, City Centre, Hotwells, Redcliffe, Whitehall, St Judes, Easton, Lawrence Hill</p> <p>South Bristol Children's Centre Covers Bedminster, Withywood, Hartcliffe, Whitchurch, Stockwood, Knowle, part of Redcliffe and Totterdown</p>	<p>https://digital.bristol.gov.uk/schools-learning-early-years/register-children-centre</p> <p>North Bristol Children's Centre: Website - https://northbristolcc.org.uk/ Phone number - 0117 2772685 Email - nbcc@bristol-schools.uk</p> <p>Central Bristol Children's Centre: Website – www.centralbristolcc.co.uk Phone Number – 0117 9030337 Email – stpaulsncc@bristol-schools.uk</p> <p>South Bristol Children's Centre Website – http://www.southbristolcc.org.uk/ Phone number – 07795952621 Email – sbcc@bristol-schools.uk</p>	Children and family support for all ages



Young carers questionnaire to help identify appropriate support

Empire Fighting Chance	This is a programme that integrates mentoring, carers support and therapy with boxing to support young people. You can refer your child on the website	Call: 0117 233 8700 Email: Info@empirefightingchance.org https://www.empirefightingchance.org	8 – 16 year olds
Felix Road Adventure Playground (Easton)	Open access adventure playground location in Easton. Please check link for opening times during term time and school holidays	https://eastsidecommunitytrust.org.uk/our-places/felix-road/ Contact: 0117 954 1409 Email: Contact@upourstreet.org.uk	Children aged 8-14 years old
Sense	Support for siblings and young carers in Bristol & South Glos. Free activities, groups and 1-1 support, both face to face and online. Group meets in Kingswood.	https://www.sense.org.uk/our-services/support-for-children/support-for-young-carers-and-siblings/	5-18 years old
St Pauls Adventure Playground	Open sessions Also has an onsite bike project/workshop with access to the public. Younger children are welcome if supervised by an adult.	https://stpaulsventures.org.uk/ Contact: 0117 954 2145	All ages
Southmead Adventure Playground	Open access service for play, cooking and fun activities. Check out their Facebook page for up-to-date timetable for events and activities coming up. Under 8s are welcome if supervised by an adult.	https://southmead.org/youth-play Contact: 0117 950 3335 Email: info@southmead.org	8-13 years old
Full Circle Project @ Docklands	Youth support groups, fencing, music groups, coding club, basketball, and football.	http://fullcircleproject.org.uk/ Contact: 0117 9077 164	8+ years old

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Learning Partnership West (LPW) Play	Community support for youth work engagement. Play sessions @ the hideout adventure playground (<i>BS13 0RF, Teyfant Road</i>) Urban Park – Thursdays 3-5pm (<i>Barton Hill</i>)	https://www.lpw.org.uk/ Contact: 0117 987 3700 Email: enquiries@lpw.org.uk	6-25 year olds
Life Cycle UK	Help children and young people learn to cycle and become more confident. 1-1, group rides and youth activities.	https://www.lifecycleuk.org.uk/youth	8+ years old
Young Bristol	Youth services, youth clubs, outdoorsy activities, and creative activities. These clubs are based all over Bristol. Please see the link to see where your nearest club is.	https://youngbristol.com/	8-19 years old
Youth Moves (South Bristol)	Youth services, sport, music, outdoors, youth clubs, 1-1 mentoring, extra-curricular education support, social action/volunteering support,	https://www.youthmoves.org.uk/	12+ years olds
Your Holiday Hub	Information on free activities in the school holidays	https://www.yourholidayhubbristol.co.uk/	All ages
Bristol City Council	Information on youth activities	https://www.bristol.gov.uk/residents/schools-learning-and-early-years/information-for-young-people-in-bristol/activities-for-young-people	All ages



Schools and education:



Name of service	Description	Website	Age range
Carers Support Centre (Our Service)	Check to see if your child's school or college is already registered with our Young Carers in Schools programme (YCiS). If you can't see your child's school, please check with your school to see if they have a young carers staff lead or champion.	Here is a link to all the schools who are signed up to the YCiS programme. Schools Young Carers lead are listed. https://www.carerssupportcentre.org.uk/young-carers/young-carers-in-schools/local-member-schools/	All age ranges
Off The Record (OTR) Mental Health support in schools	This service supports young people around mental health. They have groups that meet online and provide 1-1 support in schools. The school will need to be registered with OTR. Please contact the school to register your child.	Here is a link to a list of schools that are registered with OTR: https://www.otrbristol.org.uk/what-we-do/mhst/	11+
School Nurses	The Bristol and South Gloucestershire School Nursing Service. It is available to all children and young people living, or at school/college within the Bristol and South Gloucestershire local authority area, as a first point of contact for advice and signposting.	https://cchp.nhs.uk/cchp/explore-cchp/school-health-nursing/bristol-south-gloucestershire North Bristol School Nurse Team: 0300 124 5816 South Bristol School Nurse Team: 0300 125 6277 East & Central Bristol School Nurse Team: 0117 939 3760	5-19 years old

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Further Education:

Name of service	Description	Website	Age ranges
Young Carers Service	The transition workshop is to give advice and guidance to young people to explore their options moving into further education. We have also listened below other services to support further education.	Transition Workshops: Please speak to your child's support worker to discuss joining this free workshop.	15+
Square Meals Foundation	12-week programme, see website for start dates	https://www.squarefoodfoundation.co.uk/how-to-be-a-chef	16+
Babbasa	Inspiring and supporting under-represented young people in Bristol to pursue their ambitions through skills training, professional mentoring, events and recruitment support services	https://babbasa.com/contact/ Telephone: 01173290717	16 – 25 years old
Princes Trust	The Princes Trust run programmes to help young people get into employment	https://www.princes-trust.org.uk/ Telephone: 0800 842 842	16+





Health and Wellbeing:

Name of service	Description	Website	Age range
AFC (Text Crisis Support) SHOUT	Free, confidential, 24/7 text message support service. If you need support you can text AFC to 85258	https://www.annafreud.org/on-my-mind/afc-crisis-messenger/ LGBTQI+ Mental health support https://www.annafreud.org/on-my-mind/lgbtqi-mental-health/	11+
Heart to Heart Counselling	Free counselling for ages 12+	https://hearttoheartbristol.co.uk/	12+
Kooth	Free anonymous online text counselling for young people	http://www.kooth.com/	11+
Love Squared (Previously Leading Lights)	A specialist mental health and SEN charity based in Bristol. They provide creative and imaginative support for children and families affected by social, emotional, and mental health needs. Their services include telephone emotional support, therapeutic support and 1:1 mentoring.	https://lovesquared.org.uk/glow/	5+
Mind Info Line	Online and telephone resource that doesn't offer counselling but provides a safe space to anonymously discuss your mental health concerns.	https://www.mind.org.uk/information-support/helplines/ Telephone: 0300 1233393	Parent and child support
Nilaari	Social care and talking therapies for BAME	https://www.nilaari.co.uk/ Telephone: 01179525742	Under 25

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Sidekick Action for Children	Sidekick is a confidential helpline for young carers in the UK. You can message us any time about anything that is bothering you as a young carer.	https://sidekick.actionforchildren.org.uk/ Text: 07888 868 059	13-18 years old
Off The Record	Youth services, mental health support	Please check out their range of services: https://www.otrbristol.org.uk/	11-25 years old
The Mix	A free mental health service. The Mix offers a range of short-term support options for getting help without leaving home, 1:1 chats, telephone or crisis messenger. With information and support for young carers and a weekly online young carers chat group.	https://www.themix.org.uk/ Telephone: 0808 808 4994	11-25 years old
The NHS Urgent Mental Health Helpline	Short online quiz for all ages allowing you to access local mental health services	https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline	All ages
Young Minds	Ideas for practical support	https://www.youngminds.org.uk/young-person/my-feelings	11+

