



Case study two: Tool 6 - Engaging young carers

Young carers have told us these ten things are important. So we will do them.

- 1. Introduce yourself. Tell us who you are and what your job is.**
- 2. Give us as much information as you can.**
- 3. Tell us what is wrong with our parents.**
- 4. Tell us what is going to happen next.**
- 5. Talk to us and listen to us. Remember it is not hard to speak to us we are not aliens.**
- 6. Ask us what we know and what we think. We live with our parents; we know how they have been behaving.**
- 7. Tell us it is not our fault. We can feel guilty if our mum or dad is ill. We need to know we are not to blame.**
- 8. Please don't ignore us. Remember we are part of the family and we live there too.**
- 9. Keep on talking to us and keeping us informed. We need to know what is happening.**
- 10. Tell us if there is anyone we can talk to. Maybe it could be you.**

This is based on Barnardo's Keeping the Family in Mind [Liverpool] resource pack 27

Shared in ADASS and ADCS (2011) Signposts: see me, hear me, talk to me: talk to my family as well: working together to improve outcomes for young carers in families affected by enduring parental mental illness or substance misuse