

Case study two: Carers Assessment

Do you look after or care for someone at home?

The questions in this paper are designed to help you think about your caring role and what support you might need to make your life a little easier or help you make time for more fun stuff.

Please feel free to make notes, draw pictures or use the form however is best for you.

What will happen to this booklet?

This is your booklet and it is your way to tell an adult who you trust about your caring at home. This will help you and the adult find ways to make your life and your caring role easier.

The adult who works with you on your booklet might be able to help you with everything you need. If they can't, they might know other people who can.

Our Agreement

Worker:

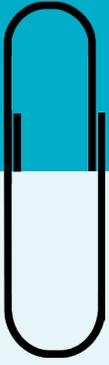
- > I will share this booklet with people if I think they can help you or your family
- > I will let you know who I share this with, unless I am worried about your safety, about crime or cannot contact you
- > Only I or someone from my team will share this booklet
- > I will make sure this booklet is stored securely
- > Some details from this booklet might be used for monitoring purposes, which is how we check that we are working with everyone we should be

Signed: _____

Young person:

- > I know that this booklet might get shared with other people who can help me and my family so that I don't have to explain it all over again
- > I understand what my worker will do with this booklet and the information in it (written above).

Signed: _____



Case study two: Carers Assessment continued

About me

| | |
|-----------------------|--|
| Name: | Josef Mazur |
| Address | 1 Green Avenue, Churchville, ZZ1 Z11 |
| Telephone | 012345 123456 |
| Email | jmazz@apple.com |
| Gender: | Male |
| Date of birth: | 11.11.1999 Age: 16 |
| School | Green College, Churchville |
| Ethnicity | White European |
| First language | English/ Polish |
| Religion | Baptised Roman Catholic |
| GP | Dr Amp, Hill Surgery |

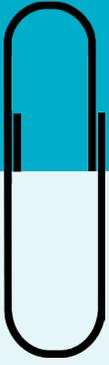
The best way to get in touch with me is:

Email

Do you need any support with communication?

No*

*Josef is bilingual – English and Polish. He speaks English at school and with his friends, and Polish at home. Josef was happy to have this assessment in English, however, another time he may want to have a Polish interpreter. It will be important to ensure that Josef is able to use the words he feels best express himself.



Case study two: Carers Assessment continued

About the person/ people I care for

I look after my mum who has bipolar disorder. Mum doesn't work and doesn't really leave the house unless she is heading for a high. When Mum is sad she just stays at home. When she is getting hyper then she wants to do exciting stuff and she spends lots of money and she doesn't sleep.

Do you wish you knew more about their illness?

No

Do you live with the person you care for?

Yes

What I do as a carer

It depends on if my mum has a bad day or not. When she is depressed she likes me to stay home with her and when she is getting hyper then she wants me to go out with her.

If she has new meds then I like to be around.

Mum doesn't understand English very well (she is from Poland) so I do all the letters. I help out at home and help her with getting her medication.

Tell us what an average week is like for you, what kind of things do you usually do?

Monday to Friday

Get up, get breakfast, make sure mum has her pills, tell her to get up and remind her if she's got something to do

If mum hasn't been to bed then encourage her to sleep a bit and set an alarm

College - keep phone on in case mum needs to call - she usually does to ask me to get something or check when I'm coming home

Go home - go to shops on the way

Remind mum about tablets, make tea and pudding for both of us as well as cleaning the house and fitting tea in-between, ironing, hoovering, hanging out and bringing in washing

Do college work when mum goes to bed if not too tired

Weekend

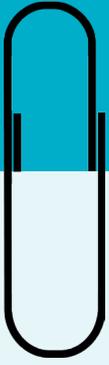
More chores

Do proper shop

Get prescription

See my friends, do college work,

Sunday - do paper round



Case study two: Carers Assessment continued

Physical things I do....

(for example cooking, cleaning, medication, shopping, dressing, lifting, carrying, caring in the night, making doctors appointments, bathing, paying bills, caring for brothers & sisters)

I do all the housework and shopping and cooking and get medication

Emotional support I provide....

(please tell us about the things you do to support the person you care for with their feelings; this might include, reassuring them, stopping them from getting angry, looking after them if they have been drinking alcohol or taking drugs, keeping an eye on them, helping them to relax)

If mum is stressed I stay with her

If mum is depressed I have to keep things calm and try to lighten the mood

She likes me to be around

Things I find difficult

When mum is heading for a high wants to go to theme parks or book holidays and we can't afford it

I worry that mum might end up in hospital again

Mum gets cross if I go out

Other support

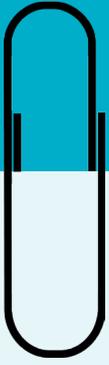
Please tell us about any other support the person you care for already has in place like a doctor or nurse, or other family or friends.

The GP sees mum sometimes. She has a nurse who she can call if things get bad.

Mum's medication comes from Morrison's pharmacy.

Dad lives nearby but he doesn't talk to mum.

Mum doesn't really have any friends.



Case study two: Carers Assessment continued

Do you ever have to stop the person you care for from trying to harm themselves or others?

No

Some things I need help with

Sorting out bills and having more time for myself

I would like mum to have more support and to have some friends and things to do

My week

On a normal week, what are the best bits? What do you enjoy the most?

(eg, seeing friends, playing sports, your favourite lessons at school)

College

Seeing friends

When mum is up and smiling

Playing football

Xbox

On a normal week, what are the worst bits? What do you enjoy the least?

(eg cleaning up, particular lessons at school, things you find boring or upsetting) Nagging mum to get up

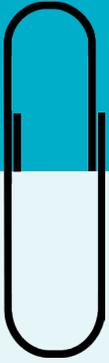
Reading letters

Missing class

Mum shouting

Friends laugh because I have to go home but they don't have to do anything

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Case study two: Carers Assessment continued

Fun stuff!

What things do you like to do in your spare time?

Drawing

Playing football

Xbox

Do you feel you have enough time to spend with your friends or family doing things you enjoy, most weeks?

No

Do you have enough time for yourself to do the things you enjoy, most weeks?

(for example, spending time with friends, hobbies, sports)

No

Are there things that you would like to do, but can't because of your role as a carer?

Yes

Can you say what some of these things are?

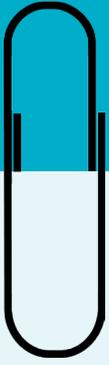
See friends after college

Go out at the weekend

Time to myself at home

It can feel a bit lonely

I'd like my mum to be like a normal mum



Case study two: Carers Assessment continued

School/college

Do you think being your caring role makes school/college more difficult for you in any way?

Yes

If you ticked YES, please tell us what things are made difficult and what things might help you.

Things I find difficult at school/ college

Sometimes I get stressed about college and end up doing college work really late at night - I get a bit angry when I'm stressed

I don't get all my college work done and I miss days

I am tired a lot of the time

Things I need help with...

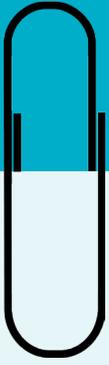
I am really worried they will kick me out because I am behind and I miss class. I have to meet my tutor about it.

Do your teachers know about your caring role?

No

Are you happy for your teachers and other staff at school/college to know about your caring role?

Not sure



Case study two: Carers Assessment continued

Work

Do you think that being a carer will make it more difficult for you to find or keep a job?

Yes

Why do you think being a carer is/ will make finding a job more difficult?

I haven't thought about it. I don't know if I'll be able to finish my course and do art and then I won't be able to be an artist.

Who will look after mum?

What would make it easier for you to find a job after school/college?

Finishing my course

Mum being ok

How I feel about life...

Do you feel confident both in school and outside of school?

Somewhere in the middle

In your life in general, how happy do you feel?

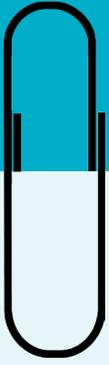
Quite unhappy

In your life in general, how safe do you feel?

Very safe

How healthy do you feel at the moment?

Quite healthy



Case study two: Carers Assessment continued

Being heard

Do you think people listen to what you are saying and how you are feeling?

No

If you said no, can you tell us who you feel isn't listening or understanding you sometimes

(eg, you parents, your teachers, your friends, professionals) I haven't told anyone

I can't talk to mum

My friends laugh at me because I don't go out

Do you think you are included in important decisions about you and your life?

(eg, where you live, where you go to school etc)

Yes

Do you think that you're free to make your own choices about what you do and who you spend your time with?

Not often enough

Is there anybody who knows about the caring you're doing at the moment?

Yes

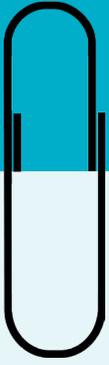
If so, who?

I told dad but he can't do anything

Would you like someone to talk to?

Yes

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Case study two: Carers Assessment continued

Supporting me

Some things that would make my life easier, help me with my caring or make me feel better

I don't know

Fix mum's brain

Tell me how to help mum better

People to help me if I'm worried and they can do something about it

Not getting kicked out of college

Free time - time on my own to calm down and do work or have time to myself

Time to go out with my friends

Get some friends for mum

I don't want my mum to get into trouble

Who can I turn to for advice or support?

I would like to be able to talk to someone without mum or friends knowing

How easy is it to see a Doctor if you need to?

Easy

