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