

**Questionnaire**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | **Yes** | **Sometimes** | **No** |
| 1 | I help to care for a family member *(parent, brother or sister)* |  |  |  |
| 2 | I do household jobs in my home *(cook, cleaning, pay bills etc.)* |  |  |  |
| 3 | I help my parent to wash themselves, get out of bed etc |  |  |  |
| 4 | I help parents/siblings who have drugs or alcohol issues |  |  |  |
| 5 | I take my family member to the doctors |  |  |  |
| 6 | I am not always able to go out with my friends |  |  |  |
| 7 | I find it hard at school because I worry about family members |  |  |  |
| 8 | I lose sleep, because I worry about my parents/siblings |  |  |  |
| 9 | I sometimes have to miss school because of my parent/s illness or disability |  |  |  |
| 10 | I sometimes help my parent/s when they are sad or upset |  |  |  |
| 11 | My friends sometimes get angry when I can’t come out |  |  |  |
| 12 | I sometimes feel upset and sometimes cry about my situation |  |  |  |
| 13 | I sometimes feel angry and frustrated because of my situation |  |  |  |
| 14 | Sometimes I feel like I am missing out |  |  |  |
| 15 | I am embarrassed about my situation |  |  |  |
| 16 | I feel I have nobody to talk to |  |  |  |
| 17 | My parent/s need more support |  |  |  |

**Please count the number of ticks for answers ‘YES’ and ‘SOMETIMES’ – add them below and check below.**

**Possibly a young carer**

**1 - 6**

**You may not be a young carer but need support or referring to another service.**

**You are more than likely a young carer, don’t worry!**

**7 - 12**

**You may not be a young carer but need support or referring to another service.**

**You are definitely a young carer; don’t worry we are here to help you.**

**13 - 17**

**Please contact Mrs Collins** [**Julieann.collins@easingtonacademy.co.uk**](mailto:Julieann.collins@easingtonacademy.co.uk) **or contact The Bridge Young Carers tel:0191 3832520** [The Bridge Young Carers & Young Adult Carers Service - Family Action](https://family-action.org.uk/services/the-bridge-young-carers-young-adult-carers-service/)