



Young carers – messages from research for Ireland

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The Carers Association National Conference
Under the Radar – A Focus on Young Carers

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Croke Park Conference Centre, Dublin



**Young Carers
International**
Research and Evaluation
The University of Nottingham

Family carers

- The oldest social welfare ‘institution’
- sons, daughters, fathers, mothers, husbands, wives, brothers, sisters, etc
- active support (physical element)
- social interaction (social element)
- supervision
- unpaid caregiving
- caring relationship (love, bond, attachment)
- cultural/community/values
- inter-generational contract
- reciprocity and interdependence



Whose responsibility is it to care?

Family? State? Charities? Market?

- The boundary between the state, family, charities, private sector is a blurred one
- No consensus where the responsibility of the family ends and the responsibility of the state begins
- No agreement where the contribution of the state ends and the responsibility of the family begins
- 'Mixed economy of welfare' – a mix between state, family, voluntary, market
- This 'mix' varies over time and place
- At all times though, the **family** has remained the main source of welfare in all societies, and **children have also been carers**



Number of carers in UK (Census 2001)

- 5.8 million carers
(10% of the total population)
- Some of these will be *children* who care – 'young carers'

Beginnings (@ 20 years ago)

- No reliable government or other figures on the number and characteristics of young carers
- Virtually no research and only a few publications
- Very few young carers projects or services
- No law or policy focused specifically on young carers; no 'rights' or entitlements
- Very little public or professional awareness or recognition of young carers



Today in the UK

- Official statistics (Census 2001)
- Hundreds of research studies in the UK and internationally, with many research-based and other publications
- 350 dedicated young carers projects in the UK in contact with approx 30,000 young carers (and similar models overseas)
- Legal rights, policy and guidance specifically for young carers, National Carers Strategies (1999, 2008) etc
- Extensive public and multi-professional recognition of young carers

How?

Organisations that now make up the National Young Carers Coalition and other partners, drawing on research evidence, have developed and evolved services, and lobbied for recognition and support of young carers in the UK. Governments, MPs, Ministers and Ministries, policy makers, local authorities, charities and others have been responsive and enabling.

The media and others also helped to make young carers' 'hidden' and 'private' world visible and public. Law, policy and practice have developed as a result, both in the UK and internationally.

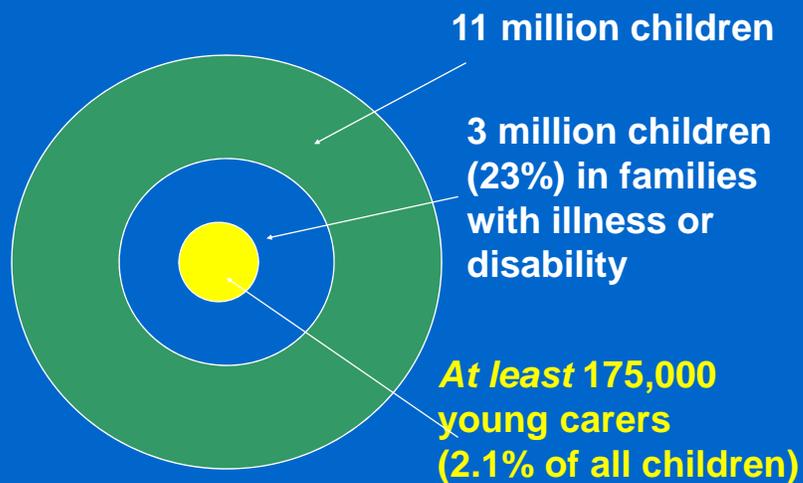
Definition of 'young carers'

"Young carers are children and young persons under 18 who provide, or intend to provide, care, assistance or support to another family member. They carry out, often on a regular basis, significant or substantial caring tasks and assume a level of responsibility which would usually be associated with an adult.

The person receiving care is often a parent but can be a sibling, grandparent or other relative who is disabled, has some chronic illness, mental health problem or other condition connected with a need for care, support or supervision." Saul Becker, in *The Blackwell Encyclopaedia of Social Work*



Number of young carers (aged 0-17) in the UK (Census 2001)



Number and proportion of children aged 0-17 who care in England, Wales, Scotland and Northern Ireland, by hours caring per week (2001 census)

	1-19 hours	20-49 hours	50+ hours	Total number caring	Proportion
England	116,823	12,284	10,092	139,199	1.7%
Wales	8,854	1,029	861	10,744	2.2%
Scotland	13,511	1,826	1,364	16,701	2.1%
N Ireland	6,666	974	712	8,352	2.5%
Total number	145,854	16,113	13,029	174,996	
Total number as % of all ycs	83%	9%	8%	100%	2.1% (UK average)

Number and age of young carers aged 0-17 in the UK, by hours caring per week (2001 Census)

Age	1-19 hours	20-49 hours	50+ hours	Total	
0-4	0	0	0	0	(0%)
5-7	5,015	608	940	6,563	(4%)
8-9	7,717	752	1,055	9,524	(5%)
10-11	16,120	1,433	1,615	19,168	(11%)
12-14	46,267	4,103	3,519	53,889	(31%)
15	21,024	2,282	1,494	24,800	(14%)
16-17	49,711	6,935	4,406	61,052	(35%)
All	145,854 (83%)	16,113 (9%)	13,029 (8%)	174,996 (100%)	

'Official' number of young carers aged under 18 in 3 countries

UK:

- 175,000 young carers under 18 (minimum)
- **2.1%** of all people under 18 (Census 2001)

Australia:

- 169,900 young carers under 18
- **3.6%** of all people under 18 (ABS 2003 – SDAC not Census 2006)

United States:

- 1.3 - 1.4 million children between ages of 8-18
- **3.2%** of all US households with a child aged 8-18 (National Alliance for Caregiving)

Estimate of the number of young carers under 18 in Ireland

(Total population aged 0-17 in Ireland = 1,036,034)

If we take the UK average (ie **2.1%** of all children are young carers) then the equivalent number in Ireland is: **21,757**

If we take the Northern Ireland figure (ie **2.5%** of all children in NI are young carers) then the equivalent number in Ireland is **25,901**

If we take the Australian figure (ie **3.6%** of all children in Australia are young carers) then the equivalent number in Ireland is **37,297**

If we take an average of all 3 figures (2.73%) then that would equate at 28,318 young carers in Ireland

'Official' number of young adult carers aged 18-24 in 3 countries

- **UK:** 229,318 (5.3% of all people in this age group)
- **Australia:** 177,800 (9.1% of all people in this age group) (SDAC, 2003 not Census)
- **USA:** 3.6 - 5.5 million (anywhere from 14-29% of people in this age group)

Saul Becker's estimate of numbers of young carers and young adult carers in Ireland

Young carers aged 0-17	28,318 (2.73% average) <small>Total population aged 0-17 in Ireland = 1,036,034</small>
young adult carers aged 18-24	24,441 (5.3%, UK average) <small>Total population aged 18-24 in Ireland = 461,147</small>
Total number of carers aged 0-24 in Ireland	52,759

Young carers and their families

- Young carers can be the responsibility of children's social services *and* adult social care
- They have legal rights under both children's legislation and policy *and* adult (carers) community care legislation/policy
- They can receive services from all parts of the 'mixed economy' of welfare: state; voluntary/charitable sector; informal sector; private/independent sector
- Many agencies have responsibilities to them: social services, health, education, youth services
- Many professional groups have responsibilities to them: teachers, social workers, nurses, GPs etc
- Their needs and the needs of their family members cut across physical impairment/disability; mental health; child welfare; education etc
- There is strong research evidence that young carers fall between the gaps of services, sectors, law etc. In other words, young carers are '**Under the Radar**'

Three UK national surveys

1995: 641 young carers
Young Carers The Facts, Community Care

1997: 2,303 young carers
Young Carers in the UK, CNA

2004: **6,178** young carers
Young Carers in the UK: The 2004 Report, Carers UK



2004 Report: Characteristics and caring relationships



6,178 young carers in contact with 87 projects:

- 56% girls; 44% boys
- Average age 12
- 84% white; 3% African Caribbean
- 56% living in lone parent families
- 52% of people receiving care are mothers (then siblings 31%; fathers 14%; grandparents 3%)
- 12% caring for more than one person
- 21% of families receive no additional support or services except for the young carers project

Care needs within the family



Illness/disability	%
Physical health	50%
Mental health	29%
Learning difficulties	17%
Sensory impairment	3%
Total	99%

Caring tasks



Caring tasks	1995	1997	2003
Domestic	65%	72%	68%
General & nursing	61%	57%	48%
Emotional	25%	43%	82%
Intimate	23%	21%	18%
Child care	11%	7%	11%
Other	10%	29%	7%

Time spent caring (years)



Years caring	%
2 years or less	36%
3-5 years	44%
6-10 years	18%
Over 10 years	3%

Note: Data on 4,028 cases

Outcomes



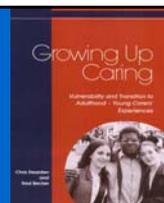
- limited opportunities, horizons, aspirations
- limited opportunities for social and leisure activities
- a lack of understanding from peers, restricted friendships
- ‘stigma by association’
- feelings of exclusion or being ‘outsiders’
- fear of what professionals might do
- ‘silence’ and ‘secrets’
- emotional difficulties
- educational problems
- health problems
- difficulties in transition to adulthood
- employment difficulties

Educational difficulties



Age group	1995	1997	2003
5-10	20%	17%	13%
11-15	42%	35%	27%
All 5-15	33%	28%	22%

Transitions to adulthood



Transitions to adulthood – the process whereby young people move away from dependence for primary, emotional and financial support from their childhood family carers, and their needs for income, shelter and social life are met from a wider range of sources

- Many young carers have educational problems & miss school; many fail to attain any educational qualifications
- A lack of qualifications combined with caring responsibilities exclude some from labour market
- Leaving home is problematic for many young people; some delay leaving because of their parents' care needs
- Career & job choices are influenced by skills gained (eg care work), but restricted by lack of qualifications

Positive outcomes & protective factors



Caring can:

- develop children's knowledge, understanding, sense of responsibility, maturity and a range of life, social and care-related skills
- bring children and parents closer
- allay some of the fears, concerns and anxieties that children have about their parent's condition – it gives children some control and involvement in the provision & management of care
- make children feel *included*

BUT, there is a price...

Why children become young carers: cultural, relational, structural

- *Same explanations are relevant globally: nature of the illness/condition, love and attachment, bond, cultural values, inter-generational contract, co-residency, family structure, gender, socialization*
- *Key factors across all countries are low income/poverty, little choice, lack of available or affordable alternative health and social care provision (particularly home-based care)*

Differences between young carers and other children

- Young carers differ from other (randomly selected) children globally and across cultures
- **The differences centre on the extent of caregiving, its nature, frequency, the time involved and the outcomes for children's development, social and economic participation**
- Young carers take on more Activities of Daily Living (ADL) - such as moving relatives, dressing them, toileting, showering, bathing, getting them in and out of bed *and* Instrumental Activities of Daily Living (IADL) – such as shopping, cleaning etc.
- **For young carers globally, these tasks start at an earlier age, are conducted more often and regularly, and can continue for many years**
- Outcomes: many young carers have restricted opportunities for social, recreational and extra-educational participation; can be more anxious/depressed; can show more anti-social behaviour etc
- **Even in an African sociological and anthropological context young carers are doing 'more' than a child's 'normal' range of tasks and burdens of responsibility – including ADL and IASL and especially intimate personal care**

A continuum of young caregiving

Low levels of caring and responsibility 'Caring about'	→ → →	→ → →	→ → →	High levels of caring and responsibility 'Caring for'
Most children and youth				Few children and youth
'Routine' levels and types of caregiving including some help with Instrumental Activities of Daily Living	→ → → Caregiving tasks & responsibilities increase in amount, regularity, complexity, time involved, intimacy and duration			'Substantial, regular and significant' caregiving including considerable help with Instrumental Activities of Daily Living
Household tasks and caregiving tasks can be considered age and culturally appropriate				Household tasks and caregiving tasks can be considered age and culturally inappropriate
Children and youth providing just a few hours of care and support each week with no evidence of negative outcomes				Young carers providing 'full-time' caregiving each week with evidence of significant negative outcomes
Many 'hidden' young carers (unknown to service providers/receiving no support)				

Every Child Matters and the Children Act 2004 – for ALL children

Outcomes for Children

- **Be healthy** (physical and mental health and well-being)
- **Stay Safe** (protection from harm and neglect)
- **Enjoy and Achieve** (education, training and recreation)
- **Make a Positive Contribution** (the contribution made by them to society)
- **Achieve Economic Well-being** (social and economic well-being)



Legal framework in England for young carers

1995 Carers (Recognition and Services) Act gives carers of any age who provide substantial and regular care the right to an *assessment* of their needs when the service user is being assessed/reassessed for community care services

- *But, only 18% of young carers in the 2004 survey have ever been assessed*

2000 Carers and Disabled Children Act gives carers aged 16 and over (and caring for someone over 18) a right to an *assessment* (independently of the care receiver), and to *services* (and to direct payments in lieu of services)

- *But, young carers under 16 have no rights to services under this Act*

2004 Carers (Equal Opportunities) Act requires local authorities to inform carers of their rights to assessment and, when conducting an assessment, must consider carers' needs for education, training and leisure

1989 and 2004 Children Acts give local authorities a duty to safeguard and promote the welfare of 'children in need' and to provide services to them and their families

The policy context in the UK

- 1995 and 1996 SSI documents on young carers (especially the family approach)
- 1996 policy guidance and practice guide to the 1995 Carers Act, and education circular
- National Carers Strategy (1999, 2008), Strategy for Carers in Wales (2000)
- Working Together to Safeguard Children (1999, 2006)
- National Service Frameworks for Mental Health (1999) and for Children, Young People and Maternity Services (2004)
- Framework for the Assessment of Children in Need and Their Families (2000)
- Every Child Matters and 2004 Children Act

Working Together to Safeguard Children

(HM Government 2006)

“Parental illness may markedly restrict children’s social and recreational activities. With both mental and physical illness in a parent, children may have caring responsibilities placed upon them inappropriate to their years, leading them to be worried and anxious...Unusually, but at the extreme, a child may be at risk of severe injury, profound neglect, or even death...”

(paras 9.16-9.17)

Working Together to Safeguard Children: The need for partnerships

“All professionals working in mental health services in the statutory, voluntary and independent sectors, should bear in mind the welfare of children, irrespective of whether they are primarily working with adults or with children and young people... they should be aware of the legislation concerning child protection and informed about their local child protection procedures... and of their responsibilities for safeguarding children.

Adult mental health services have a responsibility in safeguarding children when they become aware of or identify a child at risk of harm. Close collaboration and liaison between adult mental health services and children’s welfare services are essential in the interests of children”

(paras 3.45-46, 1999 version)

National Service Framework for Mental Health (1999) Standard 6 - Caring about carers

Aims: to ensure health and social services assess the needs of carers who provide regular and substantial care for those with severe mental illness, and provide care to meet their needs.

All individuals who provide regular and substantial care for a person on CPA should:

- have an assessment of their caring, physical and mental health needs, repeated on at least an annual basis
- have their own written care plan which is given to them and implemented in discussion with them.

This includes young carers

1999 NSF for Mental Health and young carers

“There is evidence that carers of people with severe mental illness are not getting the services they need to support them, or to ensure that their own health is maintained. Young carers are a particularly vulnerable group. Few authorities had implemented the Carers (Recognition and Services) Act within their mental health services when inspected recently by the SSI. (p. 70)

Carers of service users, including young carers, should be involved in their own assessment and care planning process, which takes account of the state of their own mental and physical health needs, and ability to continue to care. (p. 69)

Where the person with mental illness is a parent, health and local authorities should not assume that the child or children can undertake the necessary caring responsibilities. The parent should be supported in their parenting role and services provided so that the young carer is able to benefit from the same life chances as all other children, and have the opportunity for a full education, and leisure and social activities. The young carer’s plan should take account of the adverse impact which mental health problems in a parent can have on the child.” (p. 72)

Framework for the Assessment of Children in Need & their Families

- Young carers should not be expected to carry inappropriate levels of caring which have an adverse impact on their development and life chances
- An assessment of family circumstances is essential
- Young carers can be assessed under the Carers Act and consideration must be given as to whether they are a child in need under the Children Act
- Young carers can receive help from local and health authorities
- The central issue is whether a child's welfare or development might suffer if support is not provided to the child or family
- Services should be provided to promote the health and development of young carers while not undermining the parent

Framework for the Assessment of Children in Need & their Families, 2000

National Carers Strategy (England, 2008)

By 2018 carers will be:

- respected as expert care partners and will have access to the integrated and personalised services they need to support them in their caring role;
- able to have a life of their own alongside caring;
- supported so that they are not forced into financial hardship by their caring role;
- supported to stay mentally and physically well and treated with dignity;

And

- Children and young people will be protected from inappropriate caring and have the support they need to learn, develop and thrive, to enjoy positive childhoods and to achieve against all the Every Child Matters outcomes.

Different countries have adopted different types/levels of response to young carers

- 'Sustained/Incorporated' to 'Emerging' (not a 'league table', but a typology!)
- Important lesson is to learn from each country and why they are where they are in the typology, and *how to move a country's response forward (like Ireland) if that is where they want to be*

Levels of awareness and response to young carers at the global level *Where is Ireland?*

LEVEL	CHARACTERISTICS	COUNTRY EXAMPLE
'Incorporated/ Sustainable'	<ul style="list-style-type: none"> • Extensive awareness at all levels of the experiences of young carers and sustained and sustainable policies and interventions aimed at meeting their needs, built on a foundation of reliable research evidence and clear legal rights 	None
'Advanced'	<ul style="list-style-type: none"> • Widespread awareness and recognition of young carers amongst public, policy makers and professionals • Extensive and reliable research base • Specific legal rights (national) • Extensive codes and guidance for welfare professionals and national and local strategies • Multiple dedicated services and interventions nationwide 	United Kingdom
'Intermediate'	<ul style="list-style-type: none"> • Some awareness and recognition of young carers among public, policy makers and professionals • Small research base • Partial rights in some regions • Small but developing body of professional guidance • Some dedicated services and interventions nationwide 	Australia
'Preliminary'	<ul style="list-style-type: none"> • Little public or specialist awareness and recognition of young carers • Limited research base • No specific legal rights • Few, if any, dedicated services or interventions at national or local levels 	United States
'Emerging'	<ul style="list-style-type: none"> • Embryonic awareness of young carers as a distinct social group within the 'vulnerable children' population 	Sub-Saharan Africa

Some key factors which influence a country's awareness and response to young carers

1. National context

- Trustworthy, country-specific, research evidence-base
- Role of key NGOs (carers and children's)
- Reliable national statistics
- Media's role (e.g. TV documentaries)
- Role of individuals and young carers themselves
- Local (and Federal Government) and professional engagement with the 'group' and the 'issues'

2. 'Policy transfer' across countries *has taken place – similarities and differences*

- young carers projects, camps, family approach, research
- Led by national NGO carers' organisations
- sharing ideas at International conferences and events

What is needed to increase awareness of, and policy for, young carers in Ireland?

- More Ireland-specific research and cross-national studies
- Public awareness-raising and educational programmes/strategies
- Sustained campaigning by carers' and children's organisations, using media and clear evidence of need
- Young carers being enabled and empowered to take the stage and tell their own stories
- Government and diverse professional groups need to 'engage' and see young carers as 'everybody's business' and develop a 'no wrong door approach'
- **We all leave here today committed to doing something and to working together**

Messages from research (1)

Many young carers and young adult carers do the same tasks or have similar caring responsibilities as older carers, and many experience a similar range of outcomes as older carers, in terms of relationships, health, well-being, equal opportunities, education and learning, access to paid employment, social exclusion, etc

Young carers' standard of health, well-being and development can be improved by the provision of health, social care and education services

Early interventions can prevent inappropriate caring roles from developing or becoming institutionalised

Children's caring roles and responsibilities can be *reduced* or *prevented* where families receive adequate services and support



Messages from research (2)

Services need to be family-focused, flexible, reliable, good quality, coordinated and non-stigmatising

Young carers need dedicated services and support at the same time as their parents need dedicated support and services, including services which recognise parents' parenting needs as well as their needs for care

An assessment of the needs of young carers and those they support is a key gateway to information, services and support for all family members

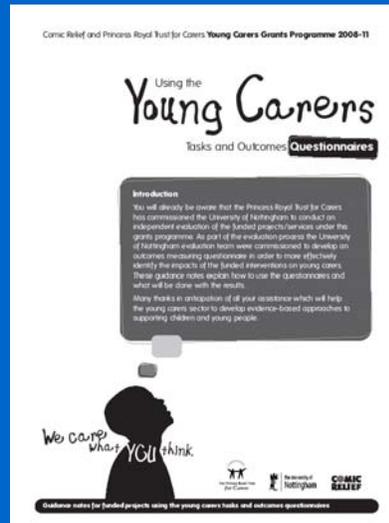
A 'whole family approach' is central

Robust and reliable measures are needed to compare and evaluate interventions and services within and across countries



Manual for Measures of Caring Activities and Outcomes for Children and Young People

Published by
The Princess Royal
Trust for Carers &
Young Carers
International, March 2009



MACA-YC18

Multi-dimensional
Assessment of
Caring Activities –
Young Carers
18 item Scale

MACA-YC45
Clinical assessment
tool

The caring jobs I do

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

	Never	Some of the time	A lot of the time
1 Clean your own bedroom	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 Clean other rooms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 Wash up dishes or put dishes in a dishwasher	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 Decorate rooms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 Take responsibility for shopping for food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6 Help with lifting or carrying heavy things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7 Help with financial matters such as dealing with bills, banking money, collecting benefits	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8 Work part time to bring money in	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9 Interpret, sign or use another communication system for the person you care for	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10 Help the person you care for to dress or undress	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11 Help the person you care for to have a wash	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12 Help the person you care for to have a bath or shower	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13 Keep the person you care for company e.g. sitting with them, reading to them, talking to them	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14 Keep an eye on the person you care for to make sure they are alright	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15 Take the person you care for out e.g. for a walk or to see friends or relatives	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16 Take brothers or sisters to school	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17 Look after brothers or sisters whilst another adult is near by	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18 Look after brothers or sisters on your own	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MACA-YC18
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School of Psychology and Social Work, University of Nottingham, University Park, Nottingham NG7 2RD.
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Multidimensional Assessment of Caring Activities-Young Carers (MACA-YC18)



PANOC-YC20

Positive and Negative Outcomes of Caring – Young Carers 20 item Scale

How caring affects me

Below are some things young carers like you have said about what it feels like to look after someone. Please read each statement and tick the box to show how often this is true for you. There are no right or wrong answers. We are just interested in what life is like for you because of caring. Thank you.

	Never	Some of the time	A lot of the time
1 Because of caring I feel I am doing something good	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 Because of caring I feel that I am helping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 Because of caring I feel closer to my family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 Because of caring I feel good about myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 Because of caring I have to do things that make me upset	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6 Because of caring I feel stressed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7 Because of caring I feel that I am learning useful things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8 Because of caring my parents are proud of the kind of person I am	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9 Because of caring I feel like running away	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10 Because of caring I feel very lonely	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11 Because of caring I feel like I can't cope	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12 Because of caring I can't stop thinking about what I have to do	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13 Because of caring I feel so sad I can hardly stand it	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14 Because of caring I don't think I matter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15 Because of caring I like who I am	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16 Because of caring life doesn't seem worth living	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17 Because of caring I have trouble staying awake	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18 Because of caring I feel I am better able to cope with problems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19 I feel good about helping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20 Because of caring I feel I am useful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PANOC-YC20
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Developed by The Positive Youth Carer Centre.

We care
You think

Positive and Negative Outcomes of Caring-Young Carers (PANOC-YC20)



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