

# 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. **Thankyou.**

### Please complete this first

YC initials .....

YC date of birth .....

Today's date .....

Name of young carers' service  
.....

	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"/>