



Identifying and Supporting Young Carers

Potential question to explore with young people:

- "What happens when you get home from school?"

- "Who helps out most at home and how?"

- "Do you sometimes feel tired or worried about things at home?"

"In your family, how do people usually take care of each other when someone is unwell or needs help?"

"Do you have any responsibilities at home that take up a lot of your time or energy?"

"Can you tell me about a usual day after school or on weekends?"

"Sometimes in families, children help out in ways that adults may not notice or talk about do you help anyone regularly at home?"

"Are there times when you've had to miss out on activities or rest because of things happening at home?"

"How do people in your family/community usually view children helping with care at home? How does that feel for you?"

"What does your family expect from you day to day? Has that changed recently?"

"Do you ever feel like your role in the family is different from your friends'/siblings' roles at home?"

"Is there anything that feels like a lot for you to handle at the moment?"

"If someone in your home needs support (like medication, moving around, appointments), who normally helps them?"