## MACA-YC18

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			
2	Clean other rooms			
3	Wash up dishes or put dishes in a dishwasher			
4	Decorate rooms			
5	Take responsibility for shopping for food			
6	Help with lifting or carrying heavy things			
7	Help with financial matters such as dealing with bills, banking money, collecting benefits			
8	Work part time to bring money in			
9	Interpret, sign or use another communication system for the person you care for			
10	Help the person you care for to dress or undress			
11	Help the person you care for to have a wash			
12	Help the person you care for to have a bath or shower			
13	Keep the person you care for company e.g. sitting with them, reading to them, talking to them			
14	Keep an eye on the person you care for to make sure they are alright			
15	Take the person you care for out e.g. for a walk or to see friends or relatives			
16	Take brothers or sisters to school			
17	Look after brothers or sisters whilst another adult is near by			
18	Look after brothers or sisters on your own			

MACA-YC18 Copyright © 2012 Fiona Becker, Saul Becker, Stephen Joseph & Steve Regel. All rights reserved. Developed for Carers Trust by Young Carers International Research and Evaluation, School of Sociology and Social Policy, University of Nottingham, University Park, Nottingham NG7 2RD.



Multidimensional Assessment of Caring Activities-Young Carers (MACA-YC18)