

What are we worried about?	What is going well?	What needs to happen?
<p><b><u>Harm/Impact</u></b></p> <p>What effect do you think caring has on your everyday life?</p> <p>How does your caring role make you feel?</p> <p>Are you worried about your child's health or wellbeing at all?</p> <p>When you are having a bad day, how does this affect your child?</p> <p><b><u>Complicating Factors</u></b></p> <p>Tell me about the help you give at home?</p> <p>What kind of thing do you need to do?</p> <p>What's making things harder to deal with at the moment?</p> <p>What's life like for you?</p> <p>What do you know about your cared for person's (mum's, dad's etc.) condition or illness? Is there anything that worries you?</p>	<p><b><u>Existing success</u></b></p> <p>Who helps you with your caring role and what difference has this made to you?</p> <p>Tell me about what a good day looks like.</p> <p>Has there ever been a time when you/your family have coped with things better? Tell me what was happening then.</p> <p><b><u>Strengths</u></b></p> <p>If you need some help, who can you talk to?</p> <p>Is there anything that makes things easier to deal with?</p> <p>Is there anyone that you think could help more?</p> <p>What do you think people could do to help you or your mum/dad/cared for person more?</p>	<p><b><u>Next Steps</u></b></p> <p>What else do we need to know about?</p> <p>What are the best questions to ask? Who do we need to ask to find out this information?</p> <p>What are the first small steps to making things better?</p> <p><b><u>Outcomes</u></b></p> <p>What do the child/young person and the family want to achieve?</p> <p>What are the realistic aims for the family? And, what does this look like for the family?</p>

**Scaling Questions –**

On a scale of 0-10 where 0 is I'm so worried and/or unhappy about my caring role I don't know what to do, and 10 is I'm happy and relaxed about being a young carer and don't need any support at this time. Where are you today?

On a scale of 0 to 10 where 0 is I am desperately unhappy or unwell, and 10 is I am very happy, fit and well – where are you?

